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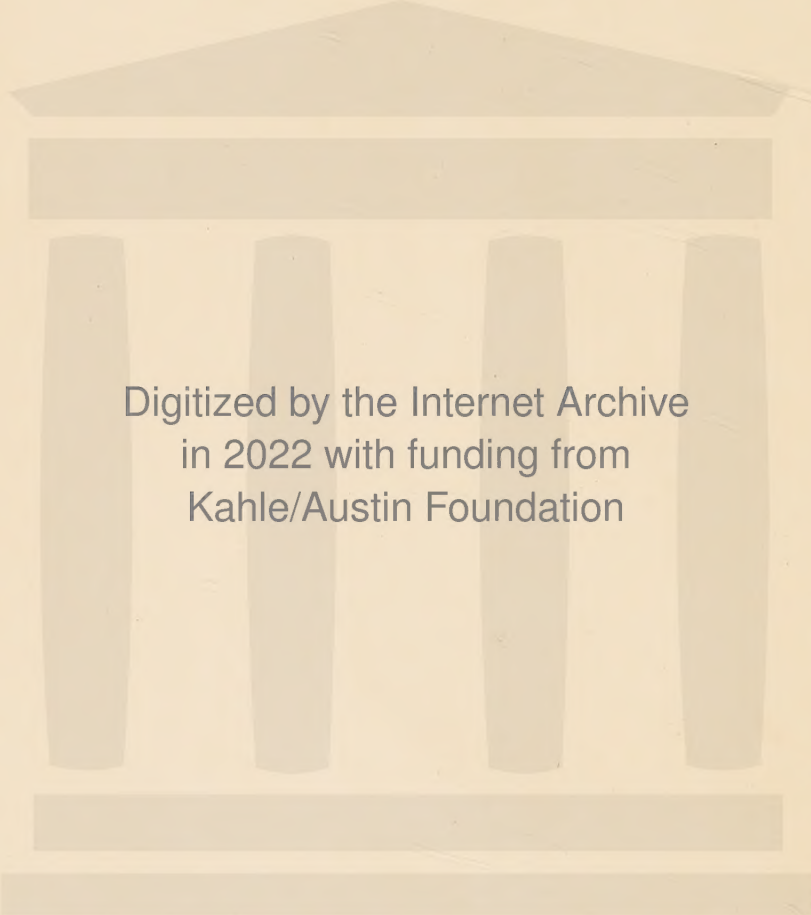


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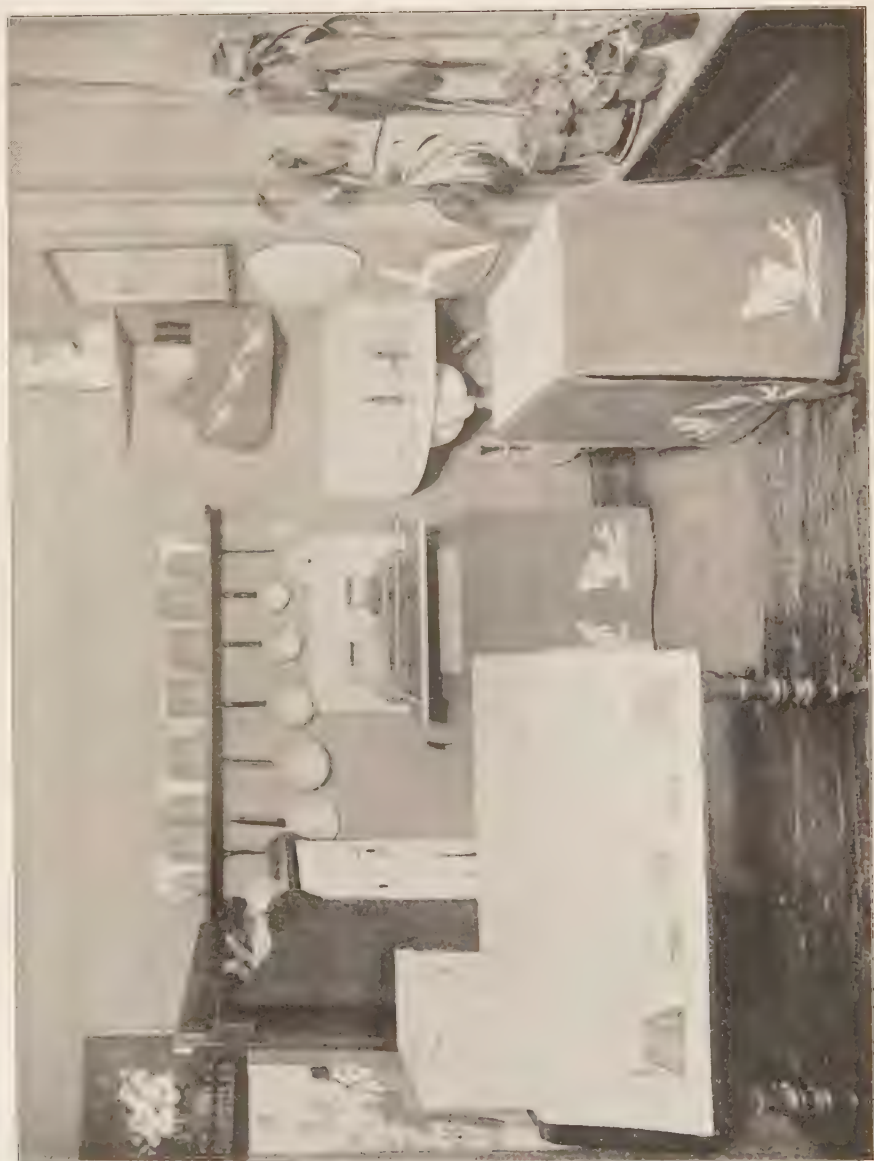
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WHERE KITCHEN MUST SOMETIMES MASQUERADE AS SITTING-ROOM FOR HELP

American Cookery

VOL. XXII

JUNE-JULY, 1917

No. 1

Kitchens Real and Make-Believe

By Jane Vos

DO YOU know, Mistress Melanie, that the cricket is pining to chirp on your hearth as blithely as ever it did in the days when your Grandmother's big iron teakettle bubbled from its hook on the crane over the glowing coals? As a matter of fact, your little aluminum teakettle is capable of humming quite as cheery a tune as any old-time one, if given half a chance, but who would not balk at singing in some kitchens?

Unfortunately, but few of us women folk are privileged to build our own homes, acquiring them, as a rule, by inheritance, rental or buying "ready-made", unless we are blessed with the means to gratify our wishes. If by the first-named method, we are apt to quarrel with them bitterly, especially if they are very old and we are still young with new-fashioned ideas as to what an up-to-date home, particularly its culinary department should be. On the other hand, if it falls to our lot to live in a rented house or apartment, we are usually compelled to take what the gods provide and make the best of it.

"Aye, there's the rub!" I hear someone cry, and I grant you that it is rather hard to be contented with a make-believe kitchen, when you are simply longing for a real white-tiled wall-and-floor one, with an automatic electric range and fireless, in fact, a full electric equipment including the wired cooking table with all the small utensils; a rapid electric dishwasher, refrigeration without ice; innumerable

cupboards of the dropleaf type; marble-topped tables, and, above all, plenty of windows with air, light and sunshine. Nevertheless, lacking many of the foregoing accessories that go to make up an ideal culinary department, you still have it in your power to make your kitchen convenient and attractive, if you will take the trouble to give it a thorough overhauling, and are willing, perhaps, to sacrifice a bit in some other direction.

You may have to pass the silk hosiery and lace counters with your eyes closed determinedly the rest of the summer, but in the end you will find aluminum pots and pans and glazed earthenware far more satisfying than furbelows, especially if you do your own housework. Even if you have a maid, you will be more apt to keep her, if you make her domain convenient. As a matter of fact, the well-equipped, up-to-date kitchen comes nearer to solving the difficult servant problem than any other factor, for the efficient housewife knows that just as no carpenter will work in a shop where saws are rusty and have lost their edges, so the maid should not be expected to take charge of a kitchen in which the equipment is out of repair or hopelessly deficient. The moral effect of your thought for the comfort of your maid, if nothing else, will serve as a stimulus to better and more faithful service.

It used to be the fashion to have dingy, gray woodwork in the kitchen, on the theory that dark wood did not

show the dirt so easily, but nowadays we, at least, insist on having our kitchens light, the woodwork painted white, if possible, in order to make our food laboratory, or workshop, sanitary and wholesome. We furthermore insist that every part of the room must be washable, that the colors must, at least, be light if not white, with no effort to conceal dirt; that surfaces must be smooth without cracks or crevices, and that there must be no dark corners or closets.

The first step, therefore, toward the overhauling is to decide on a definite color scheme and live up to it in the furnishings just as in any other room in the house. All white kitchens are charming, but they do require more work to keep them immaculate, so why not make a compromise?

There are so many washable paints on the market, especially prepared to resist heat and moisture, which are well suited for a kitchen finish, and these come in all the light shades. The woodwork, therefore, may be ivory white, if you choose, with the wainscot buff and the walls above it pale cream, and the ceiling cream also. With the racks filled with yellow and brown, white-lined enameled dishes, and white linoleum on the floor, your kitchen will have emerged from dingy gloominess to sunny cheerfulness. In fact, all the colors of

the glazed or enameled kitchenware and vitrified china suggest as many schemes as the dishes themselves, which come in white, brown, yellow and blue casseroles, pie plates, custard cups, ramekins, teapots, marmites and so forth. These dishes, by the way, do not easily chip or crack and they greatly reduce the danger of burning contents while cooking; their glazed surface also prevents the absorption of odors.

If you cannot afford linoleum, you can, at least, cover your uneven floor with a good grade of deck paint, first cleaning the cracks, then going over the surface with shellac and a standard crack filler. A painted floor is not so hard to wipe up, and console yourself that it is much easier to stand on than tiling, for, beautiful as the latter is, everyone is agreed that it is very hard on the feet. Mats made of small squares of linoleum and bound with denim strips, old blue or yellow according to your color scheme, stitched on the sewing machine with a heavy needle, are better to lay on the floor than rugs, as the latter kick up unless they are of the heavy braided variety. Even though the latter do collect dirt persistently, and we are warned by those who know that they are the favorite trysting spot of germs, one before the sink and table, in a kitchen with a wooden floor, does give a homey, old-time appearance to the room.

Should you decide on linoleum, you will make no mistake if you get the best quality, as it will prove the cheapest in the end, lasting for years with proper care. When ready to lay, see that the floor is in good condition underneath, then cement the edges in place in order to close the passageway of water-bugs and other habits of kitchens that are not strictly sanitary. Next, treat the surface with a coat of shellac in order to fill the pores. This will act as a preservative and make it easier to keep clean. Never scrub linoleum with hot water and soap, if you expect it to wear its allotted time. Merely sweep



DINING-ROOM AND KITCHEN



FOR BUNGALOW OR CAMP

with a soft brush, then wipe with luke-warm water in which are a few drops of kerosene.

Another floor covering is well liked for kitchens, as, owing to its cork and rubber composition, it is easy to stand on, and also to care for when finished lightly with wax. Like linoleum it, too, comes in a number of patterns and designs which adapt it to various color schemes—yellow, gray or blue. It, too, should be cemented in place.

The first principle of an ideal kitchen is compactness—the maximum of utility in the minimum of space. The small kitchen, therefore, if arranged with an eye to both comfort and convenience, is a delight to both mistress and maid. Regardless of size, however, the stove, sink and work-table should be as close together as possible to form a working center. Everything should be within easy reach. Over the range

and beside it should be hooks for the pots and pans, aluminum or otherwise, matches, holders, spoons, salt and pepper shakers, and nearby a kettle and saucepan rack to keep their contents dry and free from rust, as well as for convenience's sake. Over the table, if it is near a side wall, there should be a spice-and-flour cabinet, or better still, a flour swivel. As to shelves, racks and pantries, you may have as many as the galley of a yacht and yet long for just one more! Exposed shelves are always better than closed ones in dark closets, and, besides, they may be made decorative, if their contents are arranged with an eye to color. If afraid of dust, however, you may have a set of shelves like an open bookcase, painted ivory white, of course, and protected by a white roller shade at night and when not in use in the daytime.

An oblong kitchen is apt to be more

desirable than a square one, for if the equipment is properly placed, — the range, sink and work-table close together, the work may be centered so as to make use of shorter dimensions, and, furthermore, provide for a much-needed rest-corner for either housewife or maid, where a moment may be snatched for reading, perhaps, while waiting for the teakettle to boil, or the potatoes to cook.

I have in mind one such kitchen where the cricket chirps merrily the year round, and where one little maid has presided as high priestess for five years. It is only a "made-over" kitchen, and unpretentious so far as the actual expenditure of money was concerned, but in attractiveness and comfort it is a dream come true.

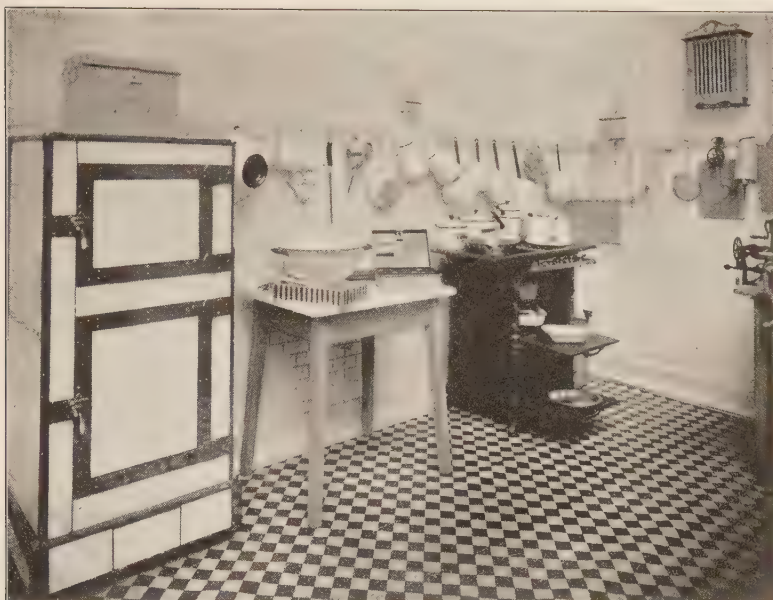
In the first place, it was necessary to re-plaster the walls, owing to their disreputable condition; and for this purpose a patent hard plaster was used,

afterwards troweling to a smooth polished surface in order to facilitate washing. While still wet, a wainscoting was marked off in tiled effect, exactly as if for a bathroom, then painted with three coats of dull-gloss, wash paint, finally finished with a fourth one of enamel. When dry the wainscoting looked exactly like tile. The walls above were painted buff and the ceiling a creamy white. Ivory white was used for the woodwork. White linoleum in tiled effect also covered the floor, while glazed yellow baking dishes, pitchers and plates and cups and saucers decorate the wall racks, adding their note of color to the attractive room.

A canary bird contributes his note of color and song, either in the north or south window, according to the weather and his needs, while the window boxes on their ledge below are always filled with greenery of some sort. In the



A BASEMENT MAKESHIFT, BUT A PLACE TO COOK



NOTE FLOOR, WALLS AND EQUIPMENT

early springtime there are narcissi, followed by daffodils and later by a kitchen garden, — curly parsley whose mission in life is to garnish meats and salads; succulent baby onions and savory herbs that delight in seasoning soups and relishes; red bird's eye peppers that coyly offer their piquancy for some culinary surprise. In the fall and winter months, bright red geraniums fill one box, cheering even the gloomiest days, and a Japanese fern-ball unfolds its delicate fronds much to the delight and wonder of Hilda, the high priestess of the Secret Garden. Roots from the herb garden are carefully tended in the other box, and all winter, when greens are scarce, Hilda manages to produce a bit of parsley for garnishing, or a sprig of mint for her surprise "shrubs" and other delicious desserts.

The windows, themselves, are simply curtained with shallow valances and straight side panels of buff cotton voile, white until tinted with dye. In the "rest corner" is a table with a buff voile cover also. There is a rack filled not only with cook books, but with the latest

reading matter. Household publications and culinary magazines are to be found within easy reach of the rocking chair. An extra chair is provided for the friend who may drop in, and there is a reading lamp for evening use.

In addition to the personal gifts to Hilda at Christmas and on other holiday occasions, the mistress makes it a point to present her with some labor-saving device, or a coveted utensil, — a vacuum cleaner, a grooved plank with a nickel holder for a planked steak, "Jus lak ma brudder serve at tha chop-hause"; a cooking thermometer for testing the oven temperature and thus eliminating all guess-work; a food-and-ice chopper; a combination cream and egg and mayonnaise beater; a portable plate-warmer, which is a happy medium between burned fingers and cold food; a long handled dustpan "with a hood dat jus hug da floor," says Hilda; a colander for the table with a potato masher attached, and so forth.

The work table does not have a marble top, but it is covered with oilcloth of a good quality, drawn smoothly over

the top, the corners neatly turned and tacked underneath. There are bins below for flour and sugar, a concealed kneading board, a generous amount of drawer space for knives, forks and other implements that are required at a moment's notice, each in a separate compartment, and a chair of convenient height to drop into and work instead of standing when dead weary.

Hanging on their respective hooks on a nearby rack is another batallion of implements, while the top shelf holds the numerous cooking materials like rice, grains, etc., in their enameled containers.

One of the most useful devices in this particular kitchen is an ironing board which fits into a panel in the wall when not in use, swinging on a hinge and resting on a folding leg of the correct height. There is a plug underneath for the electric attachment.

Beside the clothes chute that goes to the laundry in the cellar, is a roll of Scotch-tissue towels. Nearby is a broom closet with ample space for mops and other accessories as well—the vac-

uum cleaner, dining-room table leaves, and a compartment for starch, irons, polishers, soaps and the simplest household re-agents.

Referring to brushes, Hilda's mistress is a ten-cent-store devotee, and from this source she provided brushes of all sorts,—a long-handled one for cleaning milk bottles and slender-necked pitchers; another for scrubbing skillets and pans; still another for brushing the fringes of doilies and so forth.

"Make-believe" kitchens of the buffet or kitchenette type are growing more numerous and popular daily. In all the new apartment houses and studio buildings the kitchenette is as complete a bit of household mechanism as any other room, despite its diminutive compactness. Not everyone, however, is privileged to have one of these bijou kitchens, and they are, nevertheless, compelled to live in one or two rooms, owing to high rents or to obviate leases. Despite the fire-law that prohibits "even so much as a cup of tea or coffee" prepared in any but a bona-fide kitchen, there are many people who will be brave



A KITCHENETTE

enough to continue to live, and eat when it is necessary to do so.

Aside from the question of economy there is a convenience and independence about kitchenette cooking that appeals to men as well as women, although one bachelor remarked recently that he had never quite known what the word "kitchenette" meant, always wondering whether it was a "talcum powder or perfume", until he was served a course dinner from such a buffet kitchen! The latter, by the way, was evolved by a mere man, also, from a closet that happened to be near a window where, fortunately, the light was good. The shelves overhead were removed, and the wall papered with a light tan cartridge paper, after which the same shelves were utilized below for the two-burner gas stove, and to make a cupboard underneath for the necessary pots and pans. The top shelf was covered with oil cloth, in fact all the shelves were thus "marbilized" as the bachelor naively remarked. Flexible tubing connects the stove to the nearest gas jet outside the closet, and, when not in use, this is detached and the key turned in the door. Strips of

grooved molding were nailed against the walls for the, delft-blue plates and the rather sketchy imitation Canton platters, while brass hooks underneath the wide molding hold the blue and white teacups.

Linen toweling, in blue and white, curtains the utilitarian space under the stove, and also provides cup towels, while Japanese toweling is used as an alternative for the hands.

A couple of old Flemish brass tea-kettles were relined with nickel plating and brought into requisition, their polished surfaces shining cheerily against the blue and white background. In the summertime, a nursery icebox of the enameled variety is kept underneath the curtained compartment, and the pots and pans are relegated to another place. In fact, the icebox is found useful the year round for storing the left-over food, and in caring for butter, milk, et cetera, although ice is not used except during the hot months.

Whether real or make-believe, who says that we can't have kitchens adapted to our needs? No one, we unfeignedly surmise, but the pudgy fire commissioners.

The Call

My country, do you hear the call?
Its solemn message thrills the air.
It sounds above the desperate fight,
And sternly bids you do your share:
With Freedom's very life at stake,
With law and order overthrown,
My listless land, awake! awake!
The peril has become your own.
From the ripe wisdom of the past
A warning voice, a trumpet blast
To-day seems ringing from the sky—
" 'Tis man's perdition to be safe
When for the truth he ought to die!"

My country, do you heed the call?
The hour has struck; the sands are run;
Your chance to take the patriot's stand
May vanish by tomorrow's sun.
If you refuse to guard the rights
For which our fathers fought and died,
To watch and trim the beacon lights,
You shall be stricken in your pride!
Haul down the flag, no more to be
Shelter and emblem of the free.
For hark! again that warning cry—
" 'Tis man's perdition to be safe
When for the truth he ought to die!"

—*Mary Thacher Higginson* in *The Christian Register*.

Cornaro and the High Cost of Living

By Eleanor Robbins Wilson

IT IS bridging a broad chasm of time to cross over four centuries to the days of Cornaro for help in the living problems of today, but it is worth while. This celebrated centenarian sounded the world's highest note in the art of living—the actual flesh-and-blood proof of the rewards of temperate living. And just now, when high prices are laying prohibitive hands on luxuries, perhaps, is an auspicious moment in which to throw the flashlight of reflection on this phase of progress. For one of the world's crying needs is for temperance in relation to food. On all sides, is to be seen the effect of over-indulgence that leads as inevitably to misery and premature death as does the liquor habit. We “dig our graves with our teeth” is only too true. Where tempting viands are concerned, some of us are as abject slaves to gustatory delights as is the veriest alcoholic; and if a Temperance Society against abuse in eating were organized, few, indeed, would be entitled to the white ribbon, and most of those ribbons, I fancy, would hang on the front door.

But rather let us focus our attention for a time on sunny Italy and the pioneer Simple Liver, Cornaro, who from a wrecked physique at forty ate his way back to radiant health.

So much that is of value in the process of living is wrapped in darkness, that it is worth noting that Cornaro's incentive for exemplary living germinated in the hours of black disappointment. Born in the city of Venice in 1464, a direct descendant of the illustrious family of Cornaro, he was defrauded, through the dishonest intrigues of his relatives, and not only deprived of the honors and privileges of his noble birth, but excluded from all public employ-

ment in the State. He withdrew to Padua, determining to found for himself an honorable name that should rest upon a higher basis than family pride, and, in order to do this, he must first secure robust health. This was no easy task. Handicapped from birth by a delicate constitution, further aggravated by careless habits of eating and drinking, before four decades of his eventful life had passed, we find him such a martyr to infirmities as made his days and nights a prolonged torture. And just here is where the mighty resolve crept into being—a resolve bearing the golden fruits that for so long have been shared by his admiring followers. He absolutely changed his attitude toward life, revolutionized his habits, and by observing moderation in the amount of nourishment taken, completely banished disease: thereby attaining rugged health and a serenity of mind hitherto unknown.

After more than forty years of perfect health and undisturbed tranquility of spirits, at the age of eighty-three, he wrote the first of his four famous treatises constituting “The Temperate Life.” This was followed by one written at the age of eighty-six, another written at ninety-one, and the last when he was ninety-five years old. The first edition was published at Padua in 1558, and for over three hundred years has remained a classic in his native land. Here, also, Cornaro built the beautiful home that is still in existence. It is on the Via Melchiorre Cesarotti, and consists of three buildings—palace, casino, (attributed to Cornaro himself), and a famous loggia, the work of his friend and protégé, Falconette. In visiting the celebrated gallery of the Pitti Palace at Florence, catalogued as No. 83, one may find Cornaro's remarkable

likeness painted by Tintoretto, perpetuating to a marvellous degree the vigor, serenity and beauty of healthy old age.

In blazing this trail to happy living, let it be remembered that Cornaro's great discovery in maintaining health was that one must live in accordance with the simplicity of Nature, follow the ways of self-control and reason, and eat nothing but that which is necessary to sustain life. How many of us live up to this? To continue, a few days of this prescribed regimen manifested improved conditions, and in a little less than a year Cornaro found himself cured. During this time, there was much experimenting with foods to ascertain which best agreed with him, but always did he adhere to the old proverb, "Not to satiate one's self with food is the science of health." Besides determining the quantity and kinds of food to be eaten, the other factors in conserving his well-being were to avoid extremes of heat and cold, to "cut out" excesses in fatigue or, in fact, excesses of any nature, to get regular sleep, and never remain for any length of time in a poorly ventilated place. And what was the result? An enjoyable, useful old age, an old age blest with perfect faculties that were constructively used in creative work. Even his voice grew more sonorous with the passing of time, and one of his happiest recreations was joining his eleven musical grand-children in song. Attention might be called to his sense of taste which throughout these advanced years retained the acuteness of youth, for he records, "I now find more true relish in the simple food I eat, wheresoever I may chance to be, than I formerly found in the most delicate dishes at the time of my intemperate life."

The inspiration of the whole book may be summed up in the author's undaunted belief in his practice, the comforting assurance that this selfsame degree of health with accompanying keenness of

appetite for work and pleasure awaits all the disciples of moderation. Cornaro was no faddist. He employed a mixed diet, simply confining himself to such foods as best agreed with him, and always stopped short of repletion. About twelve ounces of food he found adequate; this he lessened somewhat as he advanced in years. Yet nowhere does this wise centenarian advocate a similar quantity for any one. He realized, as we all must, that this is a personal equation.

In reading this work, the homekeeper cannot fail to be impressed with three vital truths: that health is largely founded on food; that in order to derive the greatest good from it, simplicity should form the basic principle of her meals; and that in the wisdom of her selection of foods lies the invaluable gift of her family's well-being. The feeding of youth, middle-age and old-age, she will find, are three distinct propositions, and each calls for individual treatment. If the diet is too limited, partial starvation will be the result. If the diet is too heavy, the excess food is eliminated at the expense of the vital organs. Those of us who have visited in rural districts during the colder months and seen the large quantities of pork consumed, the prominence of pastry, doughnuts, etc., in the daily diet, have ceased to wonder at the variety and number of empty patent medicine bottles which the woodshed contained. Here is where Domestic Science is offering a rescuing hand, and as soon as the cook becomes more familiar with the chemistry of foods and their relation to body-building, just so soon will the value and power of her position become apparent. Slowly but surely we are moving forward to the remedial potentialities of the culinary artist on whom will descend much of the old-time dignity of the family physician. Here's Godspeed to her and her diet problems!

On one thing our best food specialists are agreed: the simpler the diet and the fewer the mixtures and different foods eaten at one meal the better. In the

face of advancing war prices, this is, indeed, reassuring.

Dr. Harvey W. Wiley, in speaking of food, recently told what he had found to be a healthful diet for himself. "I eat moderately of all simple, wholesome foods, and there are many that suit me only too well! I especially enjoy the whole-wheat porridge and cornmeal and fresh milk from my own farm; these, with eggs, well-made batter cakes, and fruit furnish my breakfast. I often eat no lunch at all, or a very light one. For dinner there is a roast or fish, baked potatoes, creamed turnips, spinach, a salad of lettuce and tomatoes with a little onion and a French dressing mixed at the table; for dessert, some very simple custard or fruit, baked apples especially. The main points in a satisfactory diet for a person past middle-age are the avoidance of over-eating, the reduction

of the protein, especially that derived from meat, the abstention from rich mixtures, and the elimination of stimulants, even tea and coffee, or their reduction to a minimum." As one can readily see from these specimen meals, provision for the day's intake is balanced and, modified in quantity, is adaptable for either middle-aged or somewhat older persons, who, like Dr. Wiley, are still active physically, and enjoy better health because of a somewhat restricted diet.

To stoke the human engine correctly is certainly an engrossing science. Quality, quantity and suitability must ever be our watchwords in dealing with this proposition, and during the pressure of the High Cost of Living conditions, while we are trying to minimize our expenditures, let us make a telling step in the right direction by Cornaro-izing our menus.

The Sunday Night Supper Lady

By Alix Thorn

REFULLY, even hopelessly, Isabelle Carter surveyed her new home, the unexpected, undesired legacy bestowed upon her by her Aunt Isabelle, for whom she had been named. Yet, what a fine, comfortable old house it was, built on generous Colonial lines, standing on a shaded street of the New England town, where was the flourishing girls' college. Well furnished in mahogany and cherry, and proudly displaying upon its high walls, dim, awe-inspiring portraits of dead and gone Carters, whose painted eyes seemed to question the newcomer as she gave voice to her fears in these words:

"But just *how* am I going to keep up such a home on my small income! If I even dreamed of selling it, I do believe that horrified Aunt Isabelle would return and haunt me."

Old Sarah, a family servant, inherited with the house, and modestly provided for in Aunt Isabelle's last will and testament, had led the way through room after room, and, at last, had paused in the spacious dining room, remarking impressively, stealing a side glance at her mistress, "The bouffet and the serving table has been much admired by those as knows the antiques."

"They are quite perfect," was the abstracted reply, and then the perplexed owner of said antiques sought her own room, there to think over her problems.

If only she had been left a sum of money, instead, as she had hoped, how she *could* have traveled, studied, and done the pleasant, satisfying things for which her soul longed. Now, living so near the college, she supposed there remained one thing for her to do, and

that was to room two or three girls, as many of the townsfolk did, but just now the prospect was not alluring.

It was two days later, as she was passing the Campus, on her way to market, that she stopped to watch the leisurely progress of an especially gaudy autumn leaf floating down through the clear October air, to find its resting place upon a brown stone coping. A group of girls was approaching, gay in their smart sweaters and scarfs, and their clear, young voices reached her before their owners did.

"Oh, Joan, why didn't you come over to our house last evening? You homesick Freshman, you! Of course, Sunday nights are the trying times."

"It's the Sunday suppers that I miss the most, just now, Kitty. My mother knows how to fix up a table so it looks awfully festive, candles, and all that," the girlish voice was not quite steady.

"I know, I know," broke in another; "why is it that the average boarding house falls down so, on Sunday night suppers! The endless procession of dry cold meats, thin creamed potatoes, warmed-over rolls, store jam, and cookies, never by any chance anything different, except possibly in the blackness of the tea," and then they passed on.

Isabelle Carter, spinster, flushed, frowned, gave a little nervous cough as was her wont when thinking deeply, then smiled and walked briskly on. Her mind was made up, the stray remarks, these lively comments of the girls on a very real lack, had given her an idea, a big illuminating idea, that Minerva-like had sprung full armed from her brain. And what an interesting idea it was, too; what diverting vistas opened up before her; unknown vistas, yet she longed to explore them. Why, it was like a breath of fresh air. Hard, uncertain? Nonsense, no, she felt, she knew that she could carry out this just-thought-of scheme; it was quite in her line. And then, her marketing done, she hurried home, there to bury herself in the pages

of her cook books, cooking magazines, copied recipe books, and printed menus, and the result of all this study and cogitation was an advertisement in one of the college papers, and a card tacked on the bulletin board in a recitation hall, that informed interested readers that:

"Miss Isabelle Carter, 48 Maple Terrace, will serve home-like, home-cooked suppers, for forty cents, every Sunday evening, at six-thirty o'clock. Apply by 'phone.'"

Old Sarah had approved the surprising plan when it was half fearfully broached to her by Miss Carter, and even suggested, in real cook fashion, some specialties of her own.

"Biscuits, Miss, light, flaky ones, is what girls will always be likin', and I feel to say, mine is just that way."

"Splendid," smiled her mistress, "and, Sarah, we won't have many young ladies to start with, but, oh, when we become truly popular, we'll get in that clever little niece of yours to help us, and I believe," she grasped the work-hardened hand of her co-worker, "that we can make a go of it."

Friday and Saturday five girls called up Miss Carter to tell her to reserve seats for them; and at exactly six-twenty five rosy-cheeked Freshman appeared, visibly excited over this novel experience, ready for surprises on either side. But it was a delightful surprise. Miss Carter, herself, welcomed them hospitably as if she were, indeed, hostess, and they guests, wearing a dainty white gown, and led the way into the candle-lit dining room, where the massive dark table was set for six; and the girlish eyes brightened at the sight of the attractively arranged table, with its brown and cream Japanese runners, and doilies, the brown wicker candle shades, with their yellow silk linings, the center piece of softly tinted autumn leaves, in the clear glass bowl, and the quaint brown, yellow and blue dishes, collected in her many years of travel, by Miss Carter herself. They loved the green pea soup, and said they

did, the Tuna fish salad garnished with cut-up olives, strips of pepper and rings of hard-boiled eggs, the delicious baking powder biscuit; and the strawberry jam and chocolate layer cake made a fitting ending to the supper. So fragrant was the tea that it caused one enthusiastic girl to exclaim, "It almost makes me homesick to have tea such as this, and in such cups, too."

As they ate, they visited happily with their new friend, telling the sympathetic listener of home suppers they had been missing and of the dear far-off families they still missed, and bits of gossip of the college of which, even after a brief four weeks' acquaintance, they felt an important part. An hour later, they left regretfully, for it was almost time to get ready for chapel service, saying they would surely come, if they might, the following Sunday, and *could* they bring some very especial friends with them?

"Certainly come, my dears, and bring the specials too," smiled the older woman.

"It's just wonderful!" they cried, "a really homey supper, and we're just crazy about this house. We are so glad you decided to do it, Miss Carter. Good night! Good night!" and the October evening gathered them in.

Next Sunday found ten girls seated around Isabelle Carter's hospitable supper table, beaming at the generous platter of creamed sardines, the potato baked on the half shell, homemade spiced tomatoes, delicately browned toast, plum jam, and lunch cake with its fudge icing. This time the candles glowed through rosy pink shades, and the center piece was just the small pink chrysanthemums that grew in the long garden behind the house. Gold-banded china, part of Miss Isabelle's inheritance, was used, while the tea was drunk from quaint pink-flowered cups.

The fame of these Sunday night suppers spread all over college; it became the fashion to bring visiting mothers and fathers, yes, and aunts and cousins as

well, and fortunate was the brother who was considered worthy to bring to supper at Miss Carter's. As the season advanced, little tables were placed about the spacious dining room, and though there might be twenty or more guests, somehow Isabelle Carter managed to preserve the home element, the dainty service, candles and the rest.

Sarah's niece had proved a veritable find, and a girl friend of hers, light-footed and tidy, was glad to earn a little as waitress, each Sunday evening, and felt herself blest to wait on the ever-interesting college girls. At last the "Sunday Night Supper Lady," as she was affectionately called by her wide circle of girl friends, was induced to add holiday suppers to her list, these being fifty cents, and happy, indeed, were those who could secure tables at the most popular hour, for space was limited.

The Valentine Supper was glorious with crimson shades on the candles, tiny hearts at each place, red frills on the chops, maraschino cherries in the fruit salad, and pink-iced little cakes for which Sarah was justly famed, while the pink ice cream was served on lacy paper doilies in the shape of hearts. Saint Patrick's day saw green-and-white Japanese runners on the tables, and green-and-white candle shades, cream of spinach soup served in green bouillon cups, baked stuffed peppers, potatoes au gratin, in individual baking dishes, set on frilly green paper doilies. But, as an exuberant guest expressed it, "You just *can't* make Sarah's heavenly muffins anything but golden."

At the end of the first year, Miss Carter, looking over her steadily growing bank account, realized that her novel venture was a complete success,

The youthful element brought cheer and new life into the quiet old house: she had made firm friends of grateful relatives, and the knowledge that she had upheld and comforted heart-hungry homesick girls, was no small satisfaction to "The Sunday Night Supper Lady."

The Log Range

By Ladd Plumley

I AM NOT going to speak concerning war-time camp cookery. That has become a science, of which I know nothing. Still, the directions in this article will enable any careful person, say a scouting soldier, far from the base of supplies and camp kitchens, scientifically to prepare food in small quantities and without any appliances in the way of camp stoves or even stone makeshifts. For boy scouts, the method here outlined will prove particularly convenient and altogether satisfactory.

When first I began experiments in woodsy cookery, I subjected myself very frequently to a degree of suffering akin to the suffering to martyrs at the stake. Campers generally cook their meals on the fringe of great conflagrations, fit for roasting oxen or even elephants. They seem to forget that it takes very little fire to prepare coffee and boil potatoes. After experimenting with slats of iron, which were fearfully heavy to lug on a camping trip, and building at considerable labor stone makeshifts, I ran across a little book on simple camping which gave directions for constructing a camp range of logs. On paper the affair looked promising, and soon I gave it a trial. Ever since, when acting as camp cook, I have cooked on no other device.

The log range is nothing but two green logs, preferably of beech or maple, eight inches or so in diameter. The logs are flattened on the top and one side. They are placed side by side and staked into that position, or propped with stones. At one end the distance between the logs should be narrow enough to support a coffee pot and at the other end somewhat wider, for pails and frying-pans. Four feet of log will give ample length for several cooking utensils. My slight modification on the original plan is to rest the ends of one of the logs on flat

stones, thus giving underneath an inch or so of space, and thus securing a good draft.

As has been stated, in camp cookery, there is need for a small fire only, but the fire should be exactly where it will prove most effective. The fire in the log range is built between the logs, and, indeed, consists of as many different fires as the articles to be cooked. These petty flames are directly below the cooking utensils and are at all times under the perfect control of the cook. If there is too much heat, he has only to set frying-pan or pot to one side, or rake down the fire with a green twig.

The wonderful convenience about the log range is that any reasonable number of pots and pans can be placed in a row on the flattened tops of the logs. Potatoes, oatmeal, beans, etc. are boiling all at the same time, coffee is simmering, and the frying-pan, with its contents, has its place. Nor is the cook compelled to hold the handle of even the frying-pan. He is relieved of hot and smoky discomforts as much almost as if he were cooking in an ordinary kitchen over a gas range. Indeed, the labor of preparing food in the woods is reduced to its very minimum. True, there is the necessity of a good deal of stooping over kettles and pans. But by providing on both sides of the log range two larger logs for a seat, much of this unpleasant stooping is avoided. The object of the two seats is to have one seat which is free from smoke, and the wind has a way of changing as soon as any camp cooking device is installed.

The place to be chosen for the log range should be carefully considered. If possible the logs should be near water and they should be shaded by an overhanging tree. There is no need to sizzle in a mid-summer sun, while at the same

time the bacon and fish are sizzling for dinner. The place should also be sheltered so far as is possible from high winds. For myself, I prefer one of those mossy little glades to be found at the very margin of the trout brooks of our eastern mountains. In such a glade for my range, I have more than once partially prepared breakfast and between times, while the coffee was coming to a boil, have, and without injury to the meal, taken a few early casts with my flies over a nearby pool. For to so great a degree of absence of oversight does the log range lend itself. If everything is steaming, and the brisk little fires have been attended to, you can sit on one of the seats and give yourself over to watching the big red-headed woodpecker that is trying to make a sieve of the rotten tree across the creek, or lose yourself in other woodsy day-dreams. Thanks to the fellow who invented the log range! Daniel Boone himself, or, perhaps, some Indian Edison who lived far back of Daniel's time.

To obtain the best results from the log range you need good cooking fuel. Most campers know next to nothing concerning the proper stuff and where to obtain it. It should be branches small enough so that they can be easily broken with the hands or across the knee, and the stuff should be perfectly dry and not rotten. Drift wood, from the bends of a stream, if well up to the marks of winter floods and sun-dried, is excellent, but discard all the rotten pieces and that which is over stout. In most forests can be found numerous dead branches, hanging from the trees, wind-killed and sun-seasoned. Then there are small standing saplings, winter killed, which snap like glass when broken and make the most perfect of camp cooking fuel. A balsam thicket yields many standing dead poles, and of all camp fuel this I prefer. The object of care in the selection is to obtain wood which will make a brisk clear little blaze and with little or no smoke.

There are a few simple dishes which in the woods are particularly appetising. When they can be obtained, eggs fried with bacon make an unexcelled feast. Have the fat pretty hot, so hot that the whites will brown before the eggs are cooked hard. Bacon also should have lots of heat.

Potatoes boiled in their skins should be cooked in well-salted water, kept at galloping boiling heat. Just before serving, pour off the water and dry thoroughly, shaking the pot or pan over the blaze. Potatoes should be boiled just to the degree that the skins begin to pop open. Boiled dried lima beans, boiled also until the skins are bursting, make a fine camp dish, and cooked together with a hunk of pork, which has previously been par-boiled, give a substantial meal. When frying trout over a log range I allow myself plenty of bacon or pork fat and have it smoking hot. This extreme heat sears the skin and keeps in the juices. After a couple of minutes the heat can be somewhat reduced and the frying completed. Large trout, pickerel, and other fish can be cut into chunks and boiled. Do not be afraid of using too much salt in the water — good strong brine is fine for chunks of lake trout or salmon. Keep the fish boiling at a thumping rate. A little of the water in which the fish has been boiled, with a good-sized piece of butter melted therein, gives an excellent sauce.

So much has been written concerning coffee and the best manner of preparing it in the woods that I hesitate to tell of the simple plan which I follow. However, I have many times so much enjoyed my own brew that I will be bold. I put the granulated bean into cold water, bring it to a boil just as quickly as I can, and allow to boil for three minutes. The pot is then stood where the heat is sufficient to keep at the simmering point only. When the other food is almost ready to serve, a half cup of very cold water is dribbled into the coffee, the pot stood away from much heat and given some

minutes for the grounds to settle. This is woodsy coffee and excellent coffee.

The log range, with its row of tin cooking utensils, all merrily steaming, is an attractive feature of a camp. It fits into the surroundings and would go well with an Indian maiden in the foreground, or a hunter clothed in buckskin.

It has been said that those who prepare food seldom enjoy their meals as much as those who had nothing to do with the preparation. However true this may be in the kitchens of houses and apartments, it is not true in the woods,—not with me and the convenience of a log range. Like most men I acknowledge, and I am far from being ashamed thereof, that I much enjoy good food. I have eaten planked shad, which was a dish rather exalted, at some of the famous

hostelries of my great city, but when I review the pleasures of my palate, in memory I see two flattened logs besides a swift Catskill mountain trout stream and two fishermen nearby, seated on a windfall. The first frying-pan of smallish trout, browned to a perfect and crisp amber, has been eaten. A second pan is prepared and cooked, while the plans for the day are under discussion. We do what we can, and nobly, to finish the second portion. But half of that panful is left beside the log range, spread neatly out on the windfall, so as to be handy for our friends, the porcupines or the wild cats.

My! If I had some of those trout, just as they came from the log range, I could amaze any chef in the City of New York.

An Adventure in Enthusiasm

By J. Helen Kenyon

THE New Hampshire farmhouse where the Westbrooks lived had been in the family for generations, a part of it being over one hundred and fifty years old.

It was situated just off the main road, where it caught the eye as one emerged from the screen of pines that had concealed it until the top of the steep hill had been reached.

On the side of the house facing this road, and separated from it by a broad meadow, was an old-fashioned garden. Here, in summer, even from the road, one could see the riot of color made by the roses, larkspur, and hollyhocks.

At the right of this garden, sloping to the branch road that led to the house, was a tiny apple orchard—a bower of bloom in the springtime, and a path of temptation in the autumn, when the trees were laden with shining fruit, which you gathered as you passed, book in hand,

on your way to the spreading maple in the corner by the roadside.

Once you were seated among the branches of this tree you might read, preferably aloud (between bites of your apple), from Shelley. A tree, by the way, is strongly to be recommended as an appropriate place in which to read Shelley. There, too, the birds sang their sweetest, and one could get charming glimpses into their lives as they went about, unconscious of curious eyes.

Dorothy Gray thought of these and like joys as she turned the familiar corner, and a moment later she had reached the house where the usual warm welcome awaited her, for the Westbrooks looked upon her as one of their own. Since early childhood, following the death of her father and mother, she had spent a portion of each summer with Charlotte

Westbrook, and the passing years had but served to strengthen her friendship for these kind friends.

The farm and the house were a never failing source of delight to Dorothy, who possessed the gift of the seeking spirit, and each day called to her for fresh discoveries.

On the morning after her arrival she was missed by Mrs. Westbrook and her daughter, and Charlotte said, laughingly, to her mother, "There is but one place left in the house that she has not explored and that is the shed chamber." Accordingly, they went to the rear of the house where a woodshed adjoined, over which was a large room used as a store room.

They tip-toed softly up the stairs, and it was not until their half-suppressed laughter reached Dorothy's ears that she looked up from the dusty volume in her hand.

Perched on the top of a step ladder before a high-shelved closet, her lap filled with a motley collection of beaded pincushions, old candlesticks, and odd bits of china, the dust from the book she was reading ornamenting her flushed cheeks and Grecian nose, she presented a picture to appeal to the eye of an artist. Trunks and chests were open about her, and the spoils she had selected from them lay scattered on the floor.

When Mrs. Westbrook could control her laughter, she said "Do you know how long you have been up here, Dorothy?"

"Only a little while," she replied.

"Well," said Charlotte, "we saw you last at the breakfast table, and we have now come to tell you that luncheon is ready. Unless, indeed —" with a twinkle in her eye — "you prefer to have it up here on a tray."

"No," said Dorothy, ignoring her friend's banter, "I am coming down, as I have a plan to discuss with the family."

Charlotte and her mother exchanged a glance which said plainly, "Now we are in for our annual adventure in enthusiasm, and are sure to enjoy it, as we always do."

The plan, when revealed, was to fit up what was called the "South Room" as a Colonial room. In her yearly explorations Dorothy had collected sufficient material for such a room, and the idea was in the nature of a challenge to her artistic soul.

By night, with the assistance of the household, she had brought together all the old furniture, portraits, braided rugs, swords, samplers, warming pans, old China and pewter that made the house a veritable museum.

The next day she spent gleefully arranging her treasures. As she gazed on her collection that night she suddenly exclaimed, "I have an inspiration! Let us celebrate the Glorious Fourth tomorrow with a Colonial tea-party in this room."

Again Mrs. Westbrook and Charlotte looked comprehendingly at each other, and when Dorothy left the room, Mrs. Westbrook, said, "I verily believe that girl possesses a magic wand. She not only gets enjoyment out of these adventures herself, but she bewitches us all into sharing her pleasure and enthusiasm. I haven't a doubt but that she will reproduce the proper costumes for each of us to wear at this tea party."

"But how can she in such a short time?" protested Charlotte.

"I don't know," her mother acknowledged, "But I have faith in that fertile brain to meet all requirements."

Sure enough, when they gathered around the beautiful old table by candle light the following afternoon, it seemed as if time had turned backward a century and a half. Dorothy clapped her hands with delight, and boasted that there was not a dish on the table less than one hundred and fifty years of age. In the center of the table was a dainty pink bowl filled with fragrant old-fashioned roses. A pink luster tea-set held the place of honor, and Mrs. Westbrook, looking every inch a Colonial dame, presided over it. Charlotte, in a quaint green gown, and Dorothy in a pink-and-

white sprigged muslin were charmingly prim and demure with their face-patches and powdered hair.

Daintily they sipped their tea, and merrily they chatted while the old silver gleamed in the mellow candle light, almost convinced that the present was a dream and the past a reality.

Courtesying low to Mrs. Westbrook, who entered into the spirit of the affair, each girl took a candle to light her up the broad stairway, and Dorothy, pausing a moment at the foot for a last, lingering look, said, with a sigh of satisfaction, "This *has* been a 'Glorious Fourth.'"

The Browns

By Gertrude I. Thomas

LITTLE Mrs. Brown was in the slough of despond. "If," she wailed, "they all only liked and ate the same kind of food."

Why lament, Mrs. Brown? Buy a book — there are plenty of them — and study this business of feeding your family. It is not large and there is not much variation between the diet of grandfather and your small son.

You, yourself, will not require as substantial meals as your carpenter husband, but it is quite possible to plan a menu which may be slightly modified to meet the demands of all. Important points to be kept in mind in planning a dietary are:

1. Brain workers require easily digested food.

2. Muscle workers require coarser foods.

5. No one meal need be balanced — that is, contain fat, protein and carbohydrate in a certain definite proportion — but each day's dietary should approach the proportion of one part protein, three parts fat and six parts carbohydrates.

4. Vary the forms of carbohydrate. Use rice, macaroni, hominy or spaghetti for potato substitutes.

5. Remember that butter and eggs, used in cookery have as high a food value as when served by themselves.

6. Food is not nutritious according to its cost. The less expensive meats,

if well prepared, yield as much to the body as do the costly cuts.

7. Plant or vegetable protein may be substituted for animal protein. Serve peas or beans with a small service of meat instead of corn or beets.

8. Familiarize yourself with good food combinations and the composition of the common foods, so that suitable combinations or substitutions can be quickly made.

There are several factors which determine the food requirement of the body. The amount of food necessary to maintain nutrition is influenced by occupation, climate, weight, age, sex and the amount of body surface of the individual.

To produce work, it is necessary to expend energy. The body is in a constant state of work, some of this being internal, as digestion, respiration, circulation and the various changes of metabolism. The energy to produce this work is supplied in the form of food; foods being defined as substances which, when taken into the body, build and repair tissue and supply the body with heat and energy. This heat is in a latent form and from the time that foods are taken into the body, they undergo a series of chemical changes which liberate heat. The fuel value of food is calculated in calories, a calorie being the amount of heat required to raise the temperature of 1 kilogram of water 1 degree centigrade.

An estimate, indicating the increased caloric requirement according to the amount of body activity, is given by Tigerstedt as:

2001—2400	Calories—Shoemaker
2401—2700	Calories—Weaver
2701—3200	Calories—Carpenter
3201—4100	Calories—Farm Laborer
4101—5000	Calories—Excavator
5000	Calories—Lumberman

Weight is an important factor and is the index of the condition of the individual. The food requirement may be determined by its loss or gain. For the special benefit of the Brown family is a menu modified according to these factors.

The climate has much to do with both the quality and quantity of the food. It is a recognized physiological fact that the digestion is less robust in spring than during the winter months. With the decline of the cold weather is experienced a lack of interest in food. This may be met by a radical change of diet. The spring and summer diet should be lighter and easier of digestion, and should contain green vegetables and fresh fruits. These foods contain valuable minerals which serve the purpose of the much over-rated "sulphur and molasses." As the mild weather approaches, the body has less need of the fuel foods, which makes it possible to decrease the amount of sugar and fat.

In warm weather, water is an important food. Due to the rapid evaporation of moisture from the skin, it is necessary to meet the demand with a large supply of fluid food. In the tropical countries are found the succulent fruits and vegetables which contain large quantities of water, nature seemingly adapting the food produced by the locality to the needs of its people.

In the temperate zone, the people do more active work than the languid people of the South, and here are used the heavier cuts of meat, the starchy roots and tubers and the more sub-

stantial fruits. These carbohydrate foods are the energy producers and may also be used as a source of heat for the body. However, they are not an economic source of fuel, as the fats produce, weight for weight, more than twice the amount of heat than do either the proteins or carbohydrates.

The value of fats as heat producers has been illustrated by the diet of the Alaskan Indians and Esquimaux, who live largely on the fat and oil of fish. Whale oil and blubber are staple articles of diet and the early explorers concealed their tallow candles from the natives who considered them a great delicacy. The Arctic travelers carry a supply of chocolate, for, aside from the fact that it does not freeze and does not require cooking, it contains a large supply of fat.

During the early years of a child's life, the demand for food is high because of the rapidity of growth and the rapidity of the body processes. A child, under 2 years of age, requires, proportionately, twice the amount of food as does the adult. The food requirement is high during childhood, decreasing gradually according to the rate of growth.

The caloric need is influenced by the amount of body surface, the tall individual losing more heat by radiation than the short, thick-set one of the same weight. For this reason women lose more heat by radiation than do men, and also because their body processes are more rapid than those of men. Although women require .8 the amount of food that men require, weight for weight their demand for food is greater. No one factor can control the food requirement of the individual; and weight, sex, occupation, build, age and climate must all be considered.

Menu

BREAKFAST

Cream of Wheat	Orange	Cream
Eggs	Bacon	Coffee
Toast		

DINNER

	Roast Beef	
	Baked Potatoes	
Bread		Butter
	String Beans	
Coffee	Cottage Pudding	Cream

SUPPER

	Cream of Tomato Soup	
	Crackers	
	Cold Meat or Baked Beans	
Bread	Vegetable Rice	Butter
	Baked Apple	Tea

Boy Brown, 6 years old.
Weight, 45 pounds.
Caloric requirement 1,025

BREAKFAST

Orange	$\frac{1}{4}$
Cream of Wheat	3 tablespoonfuls
Cream	2 tablespoonfuls
Sugar	2 teaspoonfuls
Toast	1 slice
Butter	$\frac{1}{2}$ tablespoonful
Milk	$\frac{1}{2}$ glass

DINNER

Omelet	1 egg
Milk	2 tablespoonfuls
Potato	1 small
Bread	1 slice
Butter	$\frac{1}{2}$ tablespoonful
Water	1 glass

SUPPER

Broth	1 cup
Rice	4 tablespoonfuls
Bread	2 slices
Butter	$\frac{1}{2}$ tablespoonful
Sugar	2 teaspoonfuls
Baked Apple	$\frac{1}{2}$
Milk	Cup

Grandfather Brown, 75 years old.
Weight, 145 pounds.
Caloric requirement, 2635

BREAKFAST

Orange	$\frac{1}{2}$
Cream of Wheat	6 tablespoonfuls
Cream	$\frac{1}{4}$ cup
Sugar	2 teaspoonfuls
Egg	1
Toast	2 slices
Butter	1 tablespoonful
10:30 Broth	1 cup

DINNER

Roast Beef	1 slice
Baked Potato	1
Bread	2 slices
Butter	1 tablespoonful
String Beans	3 tablespoonfuls
Cream	2 tablespoonfuls
Sugar	2 teaspoonfuls
Cottage Pudding	1 serving
Coffee	1 cup
3:30 Broth	1 cup

SUPPER

Cream of Tomato Soup	$\frac{3}{4}$ cup
Crackers	2
Rice	3 tablespoonfuls
Milk	$\frac{1}{2}$ cup
Bread	2 slices
Butter	$\frac{1}{2}$ tablespoonful
Sugar	2 teaspoonfuls
Baked Apple	1
Tea	1 cup

Mrs. Brown, 26 years old.
Weight, 120 pounds.
Caloric requirement 2,180.

BREAKFAST

Orange	1
Cream of Wheat	2 tablespoonfuls
Toast	2 slices
Butter	1 tablespoonful
Cream	3 tablespoonfuls
Sugar	2 teaspoonfuls
Coffee	1 cup

DINNER

Roast Beef	1 slice
Baked Potato	1 large
String Beans	2 tablespoonfuls
Bread	1 slice
Butter	1 tablespoonful
Cream	2 tablespoonfuls
Sugar	3 teaspoonfuls
Cottage Pudding	1 serving
Coffee	1 cup

SUPPER

Cream of Tomato Soup	$\frac{3}{4}$ cup
Crackers	2
Cold Meat	1 slice
Baked Rice	4 tablespoonfuls
Bread	1 slice
Butter	1 tablespoonful
Cream	2 tablespoonfuls
Baked Apple	1
Sugar	2 teaspoonfuls
Tea	1 cup



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(Signed) HERBERT B. BAILEY.
My commission expires August 30, 1923.

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Our Plea!

Great God above, hear thou our earnest plea!
Empower our rulers with discerning might
In wielding duty's anchorage of right
And guarding well our land from sea to sea!
The crisis sanctioned their severe decree
Which thrust us in the seething foam of war,
And while its loathesome anguish we abhor,
With its intensive purpose we agree!
Gird them with stamina and iron nerve
To steer our humane magnanimity,
And may our patriotism never swerve
As we pledge them our true fidelity!
Grant thou, we pray, this "acid test" may serve
To weld our hearts in sacred loyalty!

—Caroline Louise Sumner.

THE CONSERVATION OF FOODSTUFFS

OUR nation is no longer neutral. Little by little, we have been drawn into the maelstrom of the world-wide war. And now we are informed that, next to the matter of transportation, the food question has become paramount to all others, for in addition to feeding our own population, we are called upon to provide more and still more vast quantities of supplies to our allies in Europe. A mighty undertaking this, but we can do it. In the great plan of food conservation, the government will give explicit directions how to meet the demands of the situation, and it is up to us, and especially the housekeepers of the land, to carry out these directions and render them effective.

In the first place, we must begin at once to eliminate in our homes all waste in our food supplies. We must know just what we need, buy carefully just enough and then make the best use of every scrap and fragment, — let nothing be wasted or discarded. This is both a duty and a privilege, for men in trenches can not be deprived of full rations and those, too, of the highest nutrient value.

In the second place, we must learn to use in our homes what is called the more perishable food products, such as fruit, vegetables, milk, eggs, fish and fowl, and thus reserve the more substantial products, as meats and grains, for shipment abroad.

Again, the amount of berries, fruit and garden truck that is allowed to perish and go to waste in this country, annually, is something enormous. Much of this can be saved and utilized by the simple process of canning and thus be made a most acceptable part of a wholesome diet. The processes of canning are easily learned and carried out in the home; for complete success, only careful thought and effort on the part of the housekeeper are called for.

In ways like these a beginning, at

least, of food conservation can be made. And, if we mistake not, the women of America will prove themselves equal to the occasion. They will be prompt to assume their full share of duty and responsibility, in a time of stress and emergency.

AMERICAN COOKERY is ready to do all it can possibly do to forward the plans of the government, which are, also, our plans, and help housekeepers devise ways and means to utilize and conserve to the utmost our varied resources in food products. Let us begin at once. A crisis threatens. May thrift and economy in household matters immediately supplant waste and extravagance. "Eternal vigilance is the price of Liberty."

POOR RICHARD'S VINDICATION

THE anniversary of Benjamin Franklin's death went by only a few days since. Immediately thereafter we are witnessing the arrival on our shores of the high commissioners of England and France. In view of the circumstances that bring them here and the purpose of their coming, there is great force in a remark dropped by a Boston woman. "This," said she, "is Poor Richard's coronation day."

It was Franklin whose homely wisdom drove home to the minds of distraught Americans in colonial times the value of thrift. His "Poor Richard's Almanac," unfailing in its eagerly awaited appearance for a quarter of a century, taught the people of the colonies, among many other practical bits of wisdom, to put money in their purse. "As Poor Richard says" became a household form of speech throughout the land. And he steadily urged the blessings gained by economy and enterprise and consequent full-handedness in money matters. "It is hard for an empty bag to stand upright," said Poor Richard. "Sensible people will give a bucket or two of water to a dry pump, that they may afterward get from it all they have occasion for." So

the sound mind of Franklin buoyed up the heavy-laden souls of America in those early times.

To add to the charm of his words, he it was who, before the war for independence, took charge of the postal service and made it a source of revenue instead of debt. When the war came on, he it was who went to France, induced the authorities there to guarantee a loan of two million francs a year in quarterly payments, got them to permit arms and ammunition to be sent from France to America and the fitting out of privateers there. When the young nation was established, and many were bewailing blighted business and the high cost of living and the general hard times, he issued his "Consolation to America." Every man that put a seed into the ground, he declared, was recompensed forty-fold; every man that drew a fish out of the waters drew up a piece of silver. With so many industrious people in the land, said he with grim geniality, on cool examination the prospect would appear less gloomy than was imagined. What wonder that Poor Richard had the ear and heart of Americans in those days, as no other man did in the matter of making them realize that "money makes the mare go!"

True, some charged him with teaching a "candle-end-saving philosophy" — with stooping to the low-browed shrewdness of "laying up treasure on earth." But his high ideals, his noble self-render to public service, his insistence on daily appeals to Heaven for guidance in the nation's business, rendered such charges innocuous. And the people heeded his voice as he went on insisting that, "Heaven helps those who help themselves, as Poor Richard says."

And now? Now America, great in her history, mighty in her ideals, superb in her resource, has just welcomed to her shores Viviani and Joffre from France and Balfour from England. They come out of the maelstrom of Europe's war. They come with grateful and reverent

honor — to accept America's regal loans, to help throw America's huge resources into the titanic scales of war wherein the destinies of civilization are being weighed. The determinative wealth of the world is in America now. The thrift and enterprise, the achieving skill and toil of America's laborers and business men are to master the world's fate. The bag stands upright now, because it is not empty; but full. Poor Richard is smiling, no doubt, up in the heavenlies. For his vindication has come. This is his coronation day.—*The Boston Herald*.

THE RED CROSS DIETITIAN

THESE are stirring times. These are war times, and, marking time beside her sister, the Red Cross Nurse and her brother in khaki, is the Red Cross Dietitian. They are ready and waiting, eager to "do their bit", should they be needed. At present it is a comparatively new field for the Domestic Science graduate, but those who have entered it feel that it is a great privilege to become identified with as splendid an organization as the Red Cross.

Should our nation become involved in active warfare, it will be necessary that hospitals be established. There is work for the medical man as well as the surgeon, for changes of food, water, living conditions and climate are not always advantageous. It is here that the treatment of the patient is largely a dietary one.

In large cities and universities, base hospital units are being formed, supplies accumulated and the personnel arranged for. These people are ready, and await orders to establish base hospitals wherever they are needed. In a base hospital of five hundred beds, it is necessary to employ at least four dietitians. Recent experiences abroad have proved it to be better to join an organization which is under government control than a private unit. "When you work for the government," said a marine on a United States torpedo boat destroyed off the Pacific

coast, "you can bet they'll take care of you." He had just returned from a trip to Chile where his boat had been sent, post haste, with anti-meningitic serum to be used for two seamen who were taken ill on a battleship near there. The trip was made from San Diego to the coast of Chile in eighty hours, and, when the destination was reached, every pound of coal had been used. This trip cost the government thousands of dollars, "but," said the marine, "you can bet on the government taking care of you."

And, in the meantime, while she is waiting, the Red Cross Dietitian may be at work in her own community as an instructor. Women have become interested in dietetics and the demand for instructors is steadily increasing. Not only is the diet for the sick considered in these classes, but the principles which govern the selection and preparation of the well-balanced diet in health. Women now realize that housekeeping is a science, that the nutritive value of food may be enhanced or destroyed, according to its preparation, that food is not nutritious in proportion to its cost and that the body derives more nutrition from well-balanced meals than badly balanced ones.

Dietitians are being enrolled under the Red Cross, in order that there may be a group of selected and prepared women available, similar to the enrolled Red Cross Nursing Service. And, as the war clouds gather overhead, they must plan to be ready. G. I. T.

In time of stress especially economy is needful, but if those who can afford luxuries cut out luxuries, what are those who make a living by providing luxuries to do? This country is rich and prosperous — richer and more prosperous than it has ever been before. It can be kept rich and prosperous, if people generally, avoiding extravagance and waste, live without hysterical and unnecessary economy according to their means, and so keep business going.



FIVE-POUND FOREQUARTER OF LAMB, CUT IN SLICES FOR EPIGRAMS OF LAMB

Seasonable and Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

SUGGESTIONS FOR JUNE-JULY

LIVE as far as possible on perishable supplies that those suitable for transportation may feed the starving in Europe.

With the abundance of fish available at this season it is no hardship to plan for two meatless days each week.

Study your cook books and cookery magazines and learn how to add protein in the form of eggs, cheese and milk to vegetables lacking protein, but useful for their varied flavors and valuable mineral constituents, thereby making meat unnecessary.

Give time and attention to the cooking of all food products, that no burned or half-cooked flour mixtures or dried-up, juiceless meats proclaim your inefficiency or lack of interest in vital matters.

Make an honest effort to "think in calories," that you may know whether or not you are feeding your family in accordance with the laws of nutrition.

Store all surplus fruit and vegetables in cans; a canner simplifies the work and saves time and fuel, the cooking being done under pressure of steam.

Fruit juices, extracted ready for jelly making, may be heated to the boiling point in an open kettle, then put up in sterilized cans ready for making into jelly, fruit-sherbet, or punch. This plan gives fresh jelly often and puts off the purchase of sugar until it is actually to be consumed.

Put up some fruit with sugar for use in emergency.

Add no water to currants in making jelly. Do not pick them after a rain, but on a dry, sunny day.

Raspberries and blackberries are quite as good for shortcakes as strawberries. Mix the dough a little too soft for kneading, then spread in the buttered pans with

a spoon. Such cakes are quickly made and more delicate than those in which the batter is kneaded and rolled.

When cooking with gas, and especially with electricity, plan to utilize the heat at both ends of the process. Rhubarb, prunes and other dried fruit may be set to cook while the oven is heating and finished after the dish for which the oven was heated is cooked.

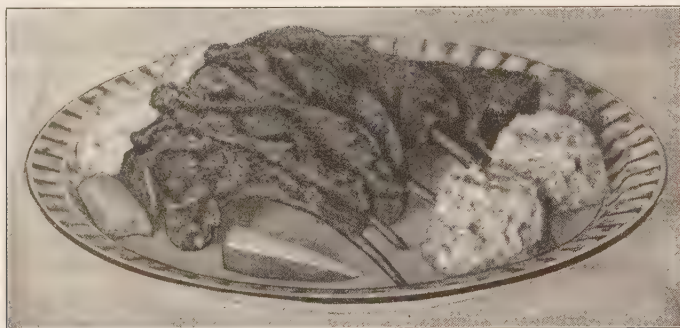
Let your mental activity conserve your strength and your pocketbook.

Correct weight and a feeling of fitness indicate proper food supply. Does each member of your family pass these tests?

Tomato Bouillon

COOK one can of tomatoes, two cups of water and half a cup, each, of celery leaves, sliced onion and carrot at a gentle simmer twenty-five minutes, and strain through a napkin wrung out of hot water; reheat with an equal quantity of broth or consommé,

curried. The day before the fish is to be served, set the piece of fish on a tin or agate plate in a steam cooker or in a saucepan. To the lukewarm water surrounding the fish, add a teaspoonful of salt, a sliced onion, three branches of parsley and a red pepper (chili) if at hand; cover and let heat to the boiling point. Then let simmer until



EPIGRAMS OF LAMB WITH RICE TIMBALES AND CANNED SWEET POTATO

three tablespoonfuls of tomato catsup and salt and pepper as needed. This is sometimes served with a spoonful of whipped cream on the top of each cup. The tomato and vegetables, left in the napkin, may be pressed through a fine sieve and used in a dish of rice or macaroni.

Cold Boiled Salmon for Dinner

A cut from the middle of the salmon is the best; three or four pounds makes a good looking dish, but, if the family is small, there will be enough fish for several meals. What is left over may be used in soufflé, croquettes, with mashed potatoes in cakes, creamed or

the fish is done, about forty minutes. Let cool, covering close when nearly cold. The next day, set the fish on a napkin in the center of a platter; surround with lettuce hearts, cut in quarters and carefully washed and dried. Serve French dressing in a bowl; rub over the inside of the bowl with a clove of garlic before turning the dressing into it.

Epigrams of Lamb

Have the leg cut from half a fore-quarter of lamb, to leave about five pounds of meat. Take out the round "whirl" bone, then cut the meat through the shoulder blade into cutlets about



JELLIED PHILADELPHIA RELISH

five-eighths of an inch thick. Wipe with a damp cloth, cover with boiling water and, after heating quickly to the boiling point, let simmer until tender. The time depends on the age of the lamb. An hour and a half to four hours will be needed. When tender remove the pieces of lamb to a meat board, and take out the pieces of shoulder blade from the pieces in which it occurs. If not time for serving, set a board bearing a weight over such portion of the meat as is to be used. Ten or fifteen minutes before dinner, dredge with flour and set to cook in hot fat from salt pork or bacon. When colored a little turn and let cook on the other side. Brown in the same fat a slice of canned sweet potato for each service. Add flour to the fat and, when cooked, stir in some of the meat broth. Stir until boiling, then strain into a sauce boat. Press hot, cooked rice in timbale molds and carefully unmold at the sides of the serving dish.

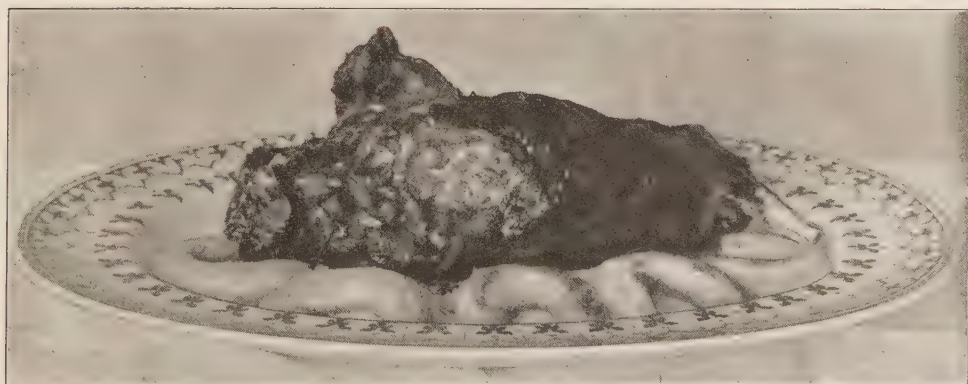
Serve other pieces of meat, prepared in the same way, with macaroni, and use the remnants with onion, carrot and potatoes as a stew.

Rice Timbales for Lamb

Pour a quart of cold water over half a cup of rice, and heat quickly to the boiling point; let boil five minutes, drain and rinse on a sieve; set to cook with a cup of broth and half a cup of tomato soup.

Roast Leg of Lamb with Bananas

Roast a leg of lamb in the usual way, basting with fat from bacon or fat salt pork. Twenty minutes before serving set the lamb in the warming oven; after standing a short time it may be sliced more easily than when fresh from the hot oven. Allow a banana for each person to be served. Strip down a section of the skin, loosen the pulp, remove coarse threads and return the skin to its place. Bake



ROAST LEG OF LAMB WITH BANANAS

about twenty minutes or until done. Serve, removed from the skins, around the lamb. Serve with platter gravy or butter in place of potatoes. A little fruit or mint jelly may be served at the same time.

Potted Ham

Often, when a ham has been boiled or baked, it would be advisable to store some of it for use after a time. Potted ham is the best way to preserve this surplus. Chop fine (food chopper) enough ham to make two cups; add one-fourth a cup of fresh butter and pound in a wooden bowl with a pestle. Reduce a

to the size of the dishes. Press down the meat with a spoon wet in boiling water and pour over the top of each about half an inch of clarified butter or other good fat. Cover with a cloth or paraffine paper. Store in a cold place. The meat will keep in good condition for one or two months. Other meats may be prepared in the same way. Such meat may be used in croquettes, soufflés, creamed, sandwiches, etc.

Dried Lima Bean-and-Lettuce Salad

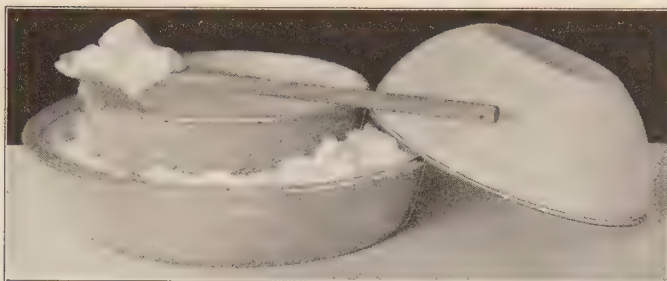
Pick over and wash dried lima beans, rinse, cover with cold water and let stand



DRIED LIMA BEAN-AND-LETTUCE SALAD

cup of chicken or veal broth, at a gentle simmer, one half hour or more; add this glaze to the ham, also one cup of brown or white sauce, half a teaspoonful of paprika, and salt if needed; pound and work all these together to a smooth paste, then press with the pestle through a fine wire sieve. Press this preparation into small earthenware dishes, custard cups, pop-over cups and the like; jelly glasses or glass dishes from which finnan haddie has been taken may also be used. Fill the dishes with the preparation compactly and smooth the surface with a spoon or knife wet in boiling water. Set to steam, as in canning fruit, on a perforated sheet, and far enough apart that the receptacles do not touch each other; let steam half an hour or longer according

overnight or some hours. Drain and rinse in a colander. Cover with cold water and let simmer until tender, adding boiling water if needed. When cooked there should be but little water left in the beans. Season with salt and black pepper. For a cup of beans (before cooking) half a teaspoonful of each is needed. When cold pour on one-fourth a cup of olive oil, two tablespoonfuls of vinegar and half a teaspoonful of scraped onion pulp and toss the beans in the dressing. If the beans look dry, add more seasonings in the same proportions and toss again. Serve with crisp, well-washed-and-dried lettuce hearts cut in halves or quarters. Garnish with stuffed olives cut in slices, or with shredded green or red pepper.



FOLDING WHIPPED CREAM INTO GELATINE MIXTURE FOR BAVARIAN CREAM
AGATE DISH OF PROPER SHAPE FOR COMBINING SUCH MIXTURES

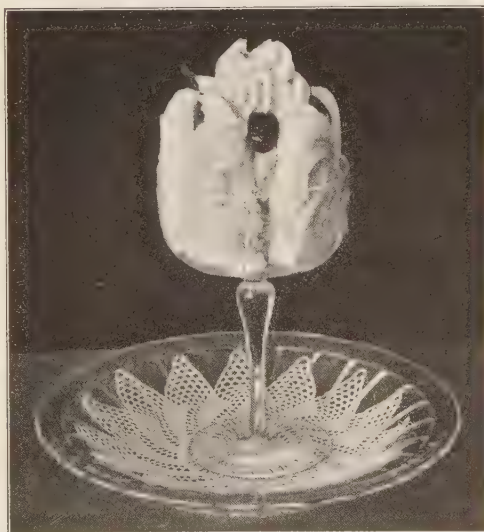
Jellied Philadelphia Relish

Decorate an ornamental mold with bits of parsley branches, figures cut from pimientos and olives, and with capers to follow out the pattern of the mold. Soften one-fourth a package of gelatine in one-fourth a cup of cold water and dissolve by setting the dish into hot water; add one-fourth a cup of vinegar, one-fourth a cup of brown sugar and one-half a teaspoonful of salt and stir until the sugar is dissolved, then stir in two green peppers, one red pepper, one slice of mild onion, three stalks of celery and enough cabbage to make one pint in all, when chopped exceedingly fine. Dip a few drops of the liquid over the garnish in the mold to hold it in place, then fill the mold with the mixture. Chill thoroughly. To unmold set the dish, for an instant, only, in lukewarm water, letting the water reach to the full height of the mixture in the mold. Invert on a serving dish. Serve with oysters, fish or ham.

Onion-and Cheese-Soufflé

Boil mild onions until they are tender and the water is nearly evaporated; press the onions through a sieve. There should be two cups of pulp. Melt three tablespoonfuls of butter; in it cook three tablespoonfuls of flour and half a teaspoonful, each, of salt and black pepper; add one cup of the water in which the onions were cooked and half a cup of rich milk or cream and

stir until boiling; add the onion pulp, half a cup of fine soft bread crumbs, half a cup or more of grated cheese and the well-beaten yolks of three eggs; mix all together thoroughly, then fold in the whites of three eggs beaten very light. Turn into a buttered baking dish, set the dish on many folds of paper in a second dish, surround with boiling water and let cook until well-puffed and firm in the center. Serve hot with cream sauce. The cheese may be omitted and the dish served with cheese sauce. Spinach, cauliflower, cabbage, peas, mushrooms and turnips may be used in the same manner. Peas too old for simple cooking may



CARAMEL CHARLOTTE RUSSE IN INDIVIDUAL
GLASS

be used, also a few whole tender peas are a pleasing addition to the sauce.

Green-Pea Puffy Omelet

Beat the yolks of four eggs until thick and light colored and the whites until very foamy but not dry. To the yolks add four tablespoonfuls of water and one-third a teaspoonful, each, of salt and black pepper, mix and pour over the whites; fold the whites into the yolks and turn into a hot omelet pan in which a teaspoonful of butter has been melted. Let stand on range two minutes, then set into a very moderate oven. While

a food chopper, or less dry crusts grated, or crust broken up fine enough to measure solid. On this bread pour one cup of scalded milk and two cups of boiling water. If the crusts have been simply broken, push them through a sieve with a pestle. Nothing need be done to ground or grated crusts. Add two tablespoonfuls of shortening, a teaspoonful of salt, one-third a cup of molasses, and, if at night, one-half a cup of compressed yeast mixed with half a cup of lukewarm water or milk. To mix in the morning, use one whole yeastcake. Mix all together; add one cup and a half of Graham



CARAMEL CHARLOTTE RUSSE

the omelet is in the oven, melt three tablespoonfuls of butter; in it cook three tablespoonfuls of flour and one-third a teaspoonful, each, of salt and pepper; add one cup and a half of milk and stir until boiling; add a cup and a half to two cups of cooked peas (left over) and let become very hot. When a knife thrust into the omelet shows upon it no uncooked egg, the omelet is done. Score it with a sharp knife at right angles to the handle of the pan, spread a spoonful of the peas over one half the omelet, fold at the scoring and turn on to a hot dish; dispose the peas in the sauce around the omelet and serve at once. This will serve four at breakfast, luncheon or supper. Asparagus may be used.

Bread-Crust Bread

(Two Loaves)

Use two cups of bread crusts. This may be bread crusts dried and put through

flour and five cups and one-half of bread flour and mix to a stiff dough. The dough should be very stiff as it softens on rising; more flour may be required. Knead until smooth, cover and set aside to double in bulk, shape two loaves, let stand out of drafts to become light; bake about one hour.

Caramel Charlotte Russe

Soften one-fourth a package of gelatine in one-fourth a cup of cold water. Beat the yolks of two eggs; add two tablespoonfuls of sugar and one-fourth a teaspoonful of salt and beat again. Cook two-thirds a cup of sugar to caramel; add two-thirds a cup of boiling water, cover and let dissolve, then boil a few moments to reduce a little; pour over the egg and sugar and let cook over boiling water, stirring constantly, until the mixture thickens slightly; add the softened gelatine; stir over ice-water



MACEDOINE OF CAKE, MARSHMALLOWS, CHERRIES, ETC

until the gelatine begins to thicken, then fold in one cup and a half of cream beaten very light. Use to fill a mold lined with lady-finger meringues. Or, use to fill individual glasses lined with the same meringues. Decorate with whipped cream and maraschino cherries.

Lady Finger Meringues for Charlotte Russe

Beat two eggs very light; gradually beat in half a cup of granulated sugar; shape like lady-fingers on a paper fastened to a board one inch thick, dredge with granulated sugar and let bake about 3 minutes in a very moderate oven. Remove by running a spatula between the paper and meringue.

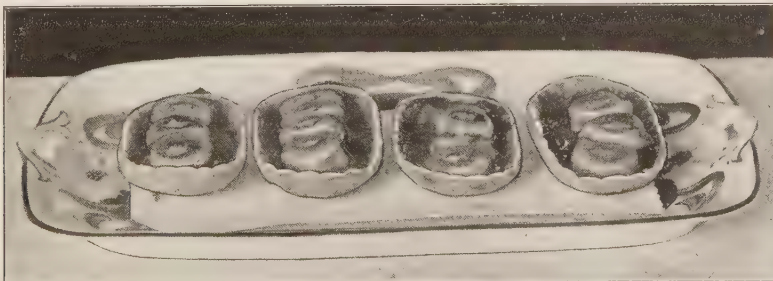
Macedoine of Cake, Marshmallows, Cherries, etc., in Caramel Cream

Soften half a package of gelatine in half a cup of cold milk. Cook half a cup of sugar to caramel; add half a cup of water, cover and let cook to a syrup;

add three tablespoonfuls of sugar and stir until dissolved. Scald three cups of milk and one-fourth a cup of cream over boiling water; add the softened gelatine and the caramel and stir until the gelatine is dissolved. Stir occasionally while chilling in ice and water. Decorate a quart mold with cherries; cut half a dozen cherries, one-third a cup blanched almonds and half a dozen lady-fingers in slices; cut ten marshmallows in four pieces, each, (use scissors dipped each time in boiling water). When the caramel mixture begins to thicken slightly, add the prepared cherries, almonds, cake and marshmallows and use to fill the mold. When unmolded garnish with toasted marshmallows. Serve with cream, boiled custard or marshmallow sauce.

Banana Tarts

Use pastry left after making a pie. Roll thin and use to cover long, narrow Brownie tins; prick the paste and set



BANANA TARTS

the tins on a baking sheet to keep the edges from the floor of the oven. Bake to a light amber color, (8 to 10 minutes). For each two tarts allow one banana and about three tablespoonfuls of fruit jelly. A teaspoonful of lemon juice may be added if at hand. Melt the jelly in an equal measure of boiling water. Remove the bananas from the skin, scrape and cut in thin slices; drop in the syrup, cover and let cook until hot throughout. Remove to the pastry cases, letting one slice overlap another lengthwise of the case; cook the jelly a few minutes; coat with the half set jelly. Serve when nearly or quite cold as is convenient.

Canned Asparagus

Cut the asparagus stalks to the height of the jar before it begins to narrow to the neck. Lay the asparagus in a saucepan, cover with boiling water and let cook two minutes after boiling begins; skim to a colander and let cold water run over it a few moments; then pack, tips upward, in the jars. By scalding in the water it may be packed more easily into the jars; the cold water will cool it so that it may be easily handled. Set the jars into the cooking receptacle, whatever style it may be, each distinct

from all others (that is the jars do not touch each other lest they break at point of contact) and lifted on a folded cloth or wooden slats. Set the covers beside the jars, cover the outer receptacle and let heat to the boiling point. Add a teaspoonful of salt to each jar and fill the jars to overflow with boiling water; set the rubbers and covers in place and let cook from 30 to 50 minutes; 30 minutes in a canner under pressure, 50 minutes in an ordinary boiler, and 40 minutes in a steam cooker. Or, test the asparagus, when cooked nearly enough for the table, add boiling water to overflow, adjust the rubbers and sterile covers, but do not fasten; cover the saucepan, let boil ten minutes, then fasten and remove. Do not let cool in a breeze lest the jars crack.

Canned Peas

Shell the peas as soon as picked from the vines, wash and pack into jars, shaking down meanwhile. Set the cans over lukewarm water on the cloth-covered rack of a steam cooker or on the bits of wood in a canner, put on the cover, and let stand over the fire until the water boils. Fill each jar to overflow with boiling water, and let cook until the peas are nearly tender; adjust the rubber



LEMONADE SET WITH PITCHER AND GLASS

rings, adding boiling water if needed; add a teaspoonful of salt to each quart jar and set the jar covers in place; let cook ten minutes, then tighten the covers.

Canned Beets

Wash and cook the beets as for the table; drain, cover with cold water and slip off the skins; pack the beets in sterile jars, shaking down and pressing in as many as possible. If large, they may be cut in slices; but small beets (two inches or less in diameter) are preferable. Set the filled jars in place in the canner or boiler, fill to overflow with boiling water, adjust the sterile rubber rings, and the covers and let cook ten to thirty minutes after boiling begins; then fasten the covers.

Canned String Beans

Snip the ends from the beans and remove strings if present. Leave the beans whole or pile a quantity together, and cut them in inch or half-inch lengths straight across the pods or diagonally as desired; wash in cold water, then use to fill clean jars, shaking down meanwhile. Set the filled jars into the steam cooker or other appliance, the covers beside them. Put lukewarm water into the cooker or canner, cover, and let the jars heat gradually while the water outside comes to the boiling point. Fill each jar to overflow with boiling water; cover the receptacle and let cook undisturbed until the beans are tender. The time will vary from one to two hours; adjust the rubber rings, add a teaspoonful of salt to each quart jar and fill to overflow with boiling water; set the sterilized covers in place and let cook about fifteen minutes. Fasten the covers secure and remove the cans to a board, out of all drafts.

Canned Spinach

It will take a peck of spinach to fill a pint jar. Discard all yellow leaves, trim off the roots and drop into cold water; remove the spinach, by the

handful, to another dish of water, move it about in the water and transfer as before to clean water; repeat until no sand is seen in the pan after washing; set the spinach in a wire basket in a steam cooker, cover with a cloth and let steam about twenty minutes; plunge the basket into cold water, drain and transfer the spinach to a sterilized jar; add a teaspoonful of salt. Dip a new rubber ring in boiling water and set it in place; fill the jar to overflow with boiling water, put on the cover, partially seal it and let cook in a canner or steam cooker ten minutes. Tighten the jar and remove to a board. New Zealand spinach, dandelions, beet greens, Swiss chard, without the mid-rib, may all be canned in the same way. The order is, soften by steaming, in order to reduce the bulk, chill in cold water, to handle the articles and to "set" the coloring matter; cook twenty minutes in can, *partially* tightened.

Early Apples

If the apples are canned for use in the spring or early summer in pies or as sauce, the flavor will be better if the apples are put up without sugar; adding sugar when they are reheated for use. The apples may be canned by the use of the open saucepan or by cooking in the jar. If a large quantity of fruit is at hand, use the open kettle. Pare and quarter the apples, throwing them at once into cold water. When enough to fill a can are prepared, add a cup of boiling water, cover and let cook until boiling throughout, shaking the dish occasionally to avoid burning. Fill the sterile jars to overflow, adjust the rubbers (dipped in boiling water) and the sterile covers and the work is done.

Apple Juice

To the sound cores and parings add a few apples cut in quarters (the apples should not be too ripe); cover with boiling water and let cook until soft through-

(Continued on page 68)

Balanced Menus for Week in June

(TWO MEATLESS DAYS)

"Warm food usually adds to the ease with which a meal is digested, and often to its relish."

SUNDAY	Breakfast Strawberries Waffles Toast Coffee Cocoa	Breakfast Baltimore Samp, Top Milk Finnan Haddie and Potato Hash (Browned and turned omelet fashion) Buttered Graham Toast Stewed Prunes Coffee Cocoa or Milk	WEDNESDAY
	Dinner Stuffed Beef Heart, Brown Sauce New Turnips Cooked with the Heart Beetgreens Graham Bread and Butter Floating Island	Dinner Steamed Forequarter Lamb, Browned in Oven, Mint Sauce Whole Potatoes Fried in Deep Fat New Cabbage, Boiled Canned-Apple Pie Skimmed Milk Cheese Tea or Cereal Coffee	
MONDAY	Supper Croutons of Beef Extract and Grated Cheese, Rhubarb Stewed with Figs Hot Water Sponge Cake Tea	Supper Boston Baked Beans, Tomato Catsup Boston Brown Bread Wholewheat Bread Jiffy-Jell Cookies Tea Milk	THURSDAY
	Breakfast Cream of Wheat, Top Milk Creamed Asparagus on Toast Doughnuts Coffee Cocoa	Breakfast Puffed Rice, Top Milk French Omelet with Bacon Boston Brown Bread (reheated) Rhubarb and Orange Marmalade Doughnuts Coffee Cocoa or Milk	
TUESDAY	Dinner Fine Hashed Heart in Brown Sauce Baked Potatoes Boiled Bermuda or Texas Onions, Buttered Radishes Small Strawberry Shortcakes Tea	Dinner Cubes of Forequarter Lamb in Brown Sauce Baked Potatoes or Macaroni String Beans, fresh or canned Lettuce, French Dressing Chocolate Eclairs Tea or Cereal Coffee	FRIDAY
	Supper Cold Beetgreens, Sliced Eggs, French Dressing Rye Bread Dried Peaches, Stewed Cookies Milk Tea	Supper Baltimore Samp in Cream Sauce with Cheese Ryebread and Butter Strawberries Plain Chocolate Cake Tea Milk	
SATURDAY	Breakfast Puffed Wheat, Bran Flakes, Thin Cream Poached Eggs on Toast, Cream Sauce Fried Mush, Sugar or Syrup Coffee Cocoa	Breakfast Strawberries Twin Mountain Muffins Cream Toast with Cheese Coffee Cocoa	
	Dinner Split-Pea Soup, Croutons Cheese Soufflé Lettuce and Asparagus, French Dressing Graham Bread and Butter Green Currant or Custard Pie Cereal Coffee	Dinner Black Bean Soup Sword Fish, Baked Canned Tomatoes Scalloped with Onions Wholewheat Baking Powder Biscuit Lemon-Milk Sherbet Orange Cookies	
	Supper Succotash Wholewheat Baking Powder Biscuit Strawberries Plain Chocolate Cake (May magazine) Tea	Supper Turkish Pilaf Fresh Crumb-Bread and Butter Sugared Pineapple Orange Cookies Tea	
	Breakfast Puffed Rice, Bran Flakes, Top Milk Bacon Cooked in Oven Fried Cornmeal Mush, Honey French Bread, Toasted Coffee Milk	Dinner Cutlets of Forequarter Lamb, Steamed, Floured and Browned in Salt Pork Fat or Vegetable Oil Creamed Spinach Hominy Croquettes with Strawberry Preserves Cream Pie Tea	
		Supper Lettuce and Sword Fish French Dressing Crumb Bread and Butter Left-over Cream Pie Dried Peaches, Stewed Tea	

Balanced Menus for Week in July

"A poor man's greatest friends are economy and a milch cow."

SUNDAY

Breakfast

Sliced Bananas, Puffed Rice, Thin Cream
Puffy Omelet, Tomato Sauce
Cornmeal Crumb Griddle Cakes
Coffee Cocoa

Dinner

Cream of Green Pea Soup, Croutons
Cold Boiled Salmon, Lettuce Hearts
French Dressing
Poached Eggs on Toast for Young Children
Parker House Rolls
Raspberry Ice Cream
Clover Leaves Half Cups Coffee

Supper

Purée of Red Kidney Beans
Boston Brown Bread, Butter
Rhubarb-and-Orange Marmalade
Uneda Biscuit Tea

WEDNESDAY

Breakfast

Corn Puffs, Thin Cream
Hashed Calf's Liver on Toast Radishes
Evaporated Apple Sauce
Cold Cream of Wheat Mush, Fried,
Coffee Cocoa

Luncheon

Stewed Lima Beans New Beets, Buttered
Baking Power Biscuit
(whole-wheat and white flour half and half)
Blueberry Pie (one crust), Meringue

Dinner

Remnants Forequarter Lamb in Stew
(Onions, carrots, turnips, potatoes)
Mint Jiffy-Jell
Lettuce and Mustard Leaves, French Dressing
Rye Bread
Macedoine of Cake etc. in Caramel Cream

MONDAY

Breakfast

Blueberries, Cream of Wheat, Thin Cream
Boston Brown Bread Cream Toast
Bacon Broiled in Oven
Pop Overs
Coffee Cocoa

Luncheon

Salmon-and-Potato Cakes
Green Peas
Raspberry Shortcake (biscuit crust)
Cereal Coffee

Dinner

Epigrams of Lamb, Sauté
Rice with Broth and Tomato
Fresh or Canned Sweet Potatoes
Swiss Chard Leaves, Boiled
Pear and Citron Jelly
Cocoanut Rings

THURSDAY

Breakfast

Barley Crystals, Thin Cream
Cold Boiled Ham, Sliced Thin
Pickled Beets
Baking Powder Biscuit, Toasted Berries
Coffee Cocoa

Luncheon

Creamed Smoked Beef and Macaroni
Green Peas Philadelphia Relish
Spider Corncake
Stewed Prunes, Cottage Cheese
Water Thin Biscuit

Dinner

Stuffed Flank Steak
New Potatoes (with butter and parsley)
Mashed Turnips or Kohl Rabi
Swiss Chard, Lemon Juice
Caramel Charlotte Russe

TUESDAY

Breakfast

Barley Crystals, Blueberries, Thin Cream
Calf's Liver and Bacon
Stewed Potatoes Dry Toast
Coffee Teco Corn Cake Cocoa

Luncheon

Shells of Creamed Salmon
Mashed Potato Border
Midribs of Swiss Chard on Toast
Melted Butter
Raspberry Tapioca
Good Plain Chocolate Cake (May)

Dinner

Baked Ham
Hominy Balls Educator Graham Bread
Lettuce and Peppergrass, French Dressing
Raspberry Jell-O with Fresh Raspberries,
Thin Cream Oatmeal Macaroons

FRIDAY

Breakfast

Puffed Wheat, Thin Cream
Puffy Omelet with Green Peas
Quick Sally Lunn, Toasted
Evaporated Peaches, Stewed
Coffee Cocoa

Luncheon

Onions on Toast, Cream or Cheese Sauce
String Beans
Baked Custard
Cocoanut Rings (cookies) Tea

Dinner

Sword Fish Sauté
New Potatoes Summer Squash
Cucumbers,
French Dressing with Onion Juice
Bread and Butter
Gooseberry or Lemon Pie

SATURDAY

Breakfast

Barley Crystals, Berries,
Thin Cream
Scrambled Eggs
with Chopped Ham
Bread Crust Bread and Butter
Doughnuts Coffee Cocoa

Luncheon

Hot Cheese Cutlets
Molds of Cold Spinach or Chard
French Dressing with Catsup
Ryemeal Biscuit (yeast)
Sea Moss Farine Blancmange
Custard Sauce

Dinner

Tomato Bouillon
Ham Timbales
Cream Sauce with Peas
Cauliflower
Raspberry Sponge
Cocoanut Rings



How to Eliminate Waste and Extravagance

By Janet M. Hill

OFTEN when we Americans start in on any reforms, we are apt to go at it in an hysterical manner and without due thought. Now having made up our minds that it is necessary for us to economize in food, let us not condemn utterly all the confirmed habits of our families and deny them food that has become absolutely necessary to their well-being. People accustomed to eat but a small quantity of food, and whose appetite is never very keen, can not change their food habits in a day. A certain quantity of foodstuffs is absolutely essential to life and health and a supply of food can not be cut down in a haphazard way. In eliminating some one article of food, we must be able to replace it with one or more articles that, from a nutritive point of view, are just as valuable as the article replaced. To feed a family intelligently, the composition of the materials you purchase and the uses to which they can be put in the economy of the system must be known even more thoroughly than the composition and uses of the linens and woollens you examine so carefully.

In the matter of food conservation, the proper storage and preservation of foodstuffs is a first duty. If it can be properly stored until the time of use, it is sometimes a saving of time and fuel to cook at one time more of a given article than is needed for one meal. The preservation of this left-over material

calls for a refrigerator. But no refrigerator will take care of itself, and the refrigerator with a clogged drainpipe or one improperly installed is a grave menace to health. In no wise should the waste pipe of the refrigerator be connected with the drain pipe of the house. The lining of the refrigerator should be perfect, the smallest crack will let moisture into the wood, and mouldy wood will scent and flavor any food that is shut up with it. All crumbs and traces of liquid food spilled on the shelves should be removed on sight. Once a week, every corner of the ice-chamber must be thoroughly cleaned, and the waste pipe cleansed by running through it a flexible wire wound with a strip of cloth; after which the pipe should be flushed with boiling water in which sal-soda has been dissolved, followed by flushing with plain boiling water.

To keep food in good condition, the refrigerator should be kept at a uniform temperature. It is not an economical procedure to get a piece of ice and have no more put in until that is gone. Keep the ice compartment full of ice, then the whole refrigerator is kept chilled; otherwise when a fresh piece of ice is put in, the ice is melted almost at once, in lowering the temperature of the various compartments; with these always chilled the waste of ice is cut down. On opening the door to take out food, close it at once and return the article as soon as

you have taken such portion of it as you wish. Do not let chilled food stand around in the hot kitchen; ice will be melted in again cooling it, and the article itself is liable to spoil. If possible, store milk, cream and butter in a separate compartment and keep each in a closed receptacle. Do not set hot food into the refrigerator. Let stand in a cool place, in a draft of air, until the temperature is reduced to that of the surrounding air, then store.

Unless one can store fruit in a cool, dry, well-ventilated place, it should be bought only in small quantity. Lemons, oranges, peaches and pears should not be stored in a pile; moisture will collect at the points of contact and then decay at these points soon takes place. The purchase of berries, with the exception, perhaps of blueberries, should be limited to the quantity needed for the day of purchase. Berries both raw and cooked, should be used freely. In the country they can be had for the picking.

Cool bread thoroughly before it is stored in a closed receptacle. An earthen jar is the most satisfactory article for storage. Before putting in fresh bread, the jar should be washed, scalded and dried; if convenient, several hours in the sunlight is an excellent precaution against the appearance of mold in jars. Stale bread should not be put into the jar with the fresh bread. Do not allow crumbs to gather in the jar. A bread board and knife on the table, which admits of slicing the bread as it is needed, does away with much waste. The slicing of bread should be made a study, the manner of slicing makes the bread appetizing or the reverse. In some families there is absolutely no waste of bread; in others, one-half the supply of good bread goes to the garbage pail. In toasting, it is burned or browned too much to be edible. More is taken from the plate than is needed, and the heels are not sliced properly and no one will eat them.

Canned fruits and vegetables, as also

jellies, jams and marmalades, should be kept in a dry, airy place, but out of direct sunlight.

When boiling lamb, veal or fowl any surplus broth may be canned in sterilized jars, following the precautions taken in all canning, and used later on in the week.

To avoid sickness is certainly a matter of economy, thus it is well to chill the water supply, known to be wholesome, by putting in contact with the ice in the refrigerator rather than by adding ice to the water. Sterilized fruit jars furnish a good means of chilling the water.

Parchment or paraffin paper, which may be cut from a roll prepared and rolled by machinery in the factory, should be given a place in every kitchen. This may be used for wrapping food for picnics or traveling on steam or trolley cars, or in the automobile. Sandwiches or other food may be so wrapped that the paper comes between the food and hands. In summer, gloves are uncomfortable, but straps in trolleys, and the dust of the street are often the abiding places of the germs of infantile paralysis, to say nothing of other ailments. Many of those Eastern people, whom we have been wont to look upon as heathen, never partake of food without much bending of the body and washing of hands; both customs are probably a part of their religion and have good reason for existence. Many of the diseases to which children are liable are taken into the system through the hands, and, though visible dirt be not in evidence, the habit of washing the hands before touching them to food should become so fixed that a lapse from it is not possible.

As to food itself, it is expected that we, at once, limit our use of staples that may be shipped to our allies as far as is practicable. A cow at pasture, chickens in a yard, and a pig in a pen, with the products of a garden and fruit trees, with berries from the fields and pastures, will enable many a family to live on the

fat of the land and lay by a store for winter's use. There are plenty of abandoned farms that ought to be occupied during the summer by women with children.

In supplying our families with food, let us keep in mind that growing children must be well fed and that an adult who does not work should eat lightly. Also let us learn that it takes more time to make inexpensive foods acceptable than it does those that are choice in texture and rich in flavor and stimulating properties. Young children do not need much variety in food; they should not be allowed to cultivate a taste for foods prepared for youth and adults, but after fourteen years variety in food and manner of preparation are a primal necessity and must be given attention.

Menu One Day for Girl of 17 Years 2,600 Calories

For boy of same age, add an additional fish cake, and tablespoonful of butter at breakfast, a second slice of chicken at dinner and a second potato at luncheon to bring the calories to 3,000.

Breakfast

	Calories
3 cups Cream of Wheat, Sliced Banana	275
3 tablespoonfuls Thin Cream	
1 teaspoonful Sugar	
1 Finnan Haddie and Potato Cake	100
1 Slice Bacon	25
2 Muffins	100
1 tablespoonful Butter	100
1 cup Coffee	
2 lumps Sugar	60
2 tablespoonfuls Cream	50
	710

Luncheon

	Calories
1 cup Creamed Dried Beef	200
1 Baked Potato, medium size	100
3 small Baking Powder Biscuit	140
1 tablespoonful Butter	100
1/4 head Lettuce	192
7 stalks Asparagus	
1 1/2 tablespoonfuls French Dressing	
2 small chocolate Creams or	178
2 cubic inches Fudge	
	910

Dinner

	Calories
Tomato Bouillon	100
Chicken Sauté, leg and slice from breast	150
1/2 Cup Rice cooked in Chicken Broth	200
3/4 cup Spinach à la Creme	100
2 Rye Meal Rolls	100
Butter	300
3-inch piece Lemon Meringue Pie	
Black Coffee	
1 lump Sugar	30
Dinner	980
Luncheon	910
Breakfast	710
Total	2,600

(For illustrations of these three meals, see page 9, back of frontispiece.)

Food and Prices at Restaurant for Employees, Filene's Department Store, Boston

(Meals served cafeteria style.)

April 21, 1917, persons served, 2,000 and above. The restaurant pays expenses, and has a large surplus fund.

Fresh Codfish, Egg Sauce, Beets, Stewed Tomatoes, Bread and Butter	15
Creamed Salmon on Toast, Mashed Potatoes	15
Roast Lamb, Mashed Potatoes, Bread (2 slices) butter	20
Lamb Croquettes, Mashed Potatoes, Bread and Butter	15
Boiled Ham, Baked Beans, Bread and Butter	10
Braised Short Ends of Beef, Kidney Beans, Bread and Butter	20
Beefsteak Pie, Stewed Corn	15
Fat Edge Rump Steak, French Fried Potatoes, Bread and Butter	25
Two Fish Cakes	06
Asparagus on Toast, Bread and Butter	10
Bowl of Soup (several varieties)	05
Mashed Potatoes	03
Baked Potatoes	03
Baked Macaroni	05
Baked Spaghetti	05
String Beans	05
Lettuce, String Bean-and-Pea Salad	10
Salmon Salad	10
Asparagus Salad	10
Boiled Ham	10
Welsh Rabbit	10
6 Prunes	05
Apple Sauce	05
Canned Pineapple	05
Muffins	02

Salads That Sell

By May Belle Brooks

THE Motor Inn, along a certain automobile route, is famous for its salads. New ones are constantly being invented by an ingenious cook, or old ones given new touches. Here are a few of her most successful ideas:

"Cottage Love," she calls a luscious red tomato stuffed with cottage cheese, minced onion and mayonnaise. Sometimes this is varied by placing a spoonful of the stuffing on a slice of the tomato. In fact, the variations that are rung upon the ripe tomato are legion. One of the daintiest effects is achieved by laying four slices of the tomato on a plate and covering two of them with chopped celery and the other two with cress and topping each with mayonnaise. Another time, she may serve a spoonful of anchovy paste on each slice. A combination that is better than it sounds is a tomato filled with shredded pineapple and mayonnaise. Nuts are sometimes added.

A popular luncheon salad that is almost a whole meal consists of a thick slice of Neuchatel cheese around which dates stuffed with nuts are arranged. A spoonful of mayonnaise is placed on the cheese and garnished with a nut or candied cherry.

Japanese salad is another substantial dish. Two cups of boiled rice are combined with one-half cup, each, of celery and nuts, one tart apple, chopped, one green pepper and one small onion, and the whole mixed with plenty of mayonnaise.

As dainty as one could wish is a slice of pineapple surrounded by nuts or candied cherries, stuffed with hazel nuts, and the mayonnaise heaped in the center.

A delightful summer salad that is frequently served with cold meat is

composed of young carrots, celery, radishes and onions, ground.

Radishes and cottage cheese with a flavoring of onion is well liked.

A novel salad is dates stuffed with apple balls (scooped out with a potato-ball knife). Or, thin quarters may be used instead of the balls. Cheese and dates form a delicious combination and an Oriental salad is achieved by grinding the dates, adding a pinch or two of cloves and shaping into small marbles, then rolling in grated cheese until thickly coated. Serve on shredded lettuce and mask with mayonnaise.

Unusual balls of cheese for accompanying lettuce salad are made of cream cheese and shredded pineapple. For another dainty accompaniment to the plain salad, small squares of crackers are served with three tiny cheese balls, dusted with paprika, nestling on each.

Green peppers share honors with tomatoes as a summer salad base. All her patrons are fond of Clover Leaf salad. The pepper, with seeds and inner white lining removed, is allowed to stand in hot water ten minutes to eliminate that bitter taste. It is then stuffed with cottage cheese, nuts and mayonnaise. When cold, it is cut in slices.

Cabbage salad in the Motor Inn is made a little different from the ordinary. Strips of pimienta and sweet pickle are mixed with the cabbage which has been chopped fine. To this is added a dressing of vinegar, brown sugar and mixed spices. It is excellent with cold meats. Another way of treating cabbage is to scald it, then crisp and put a spoonful of shaved onion on top and cover generously with a regulation cold-slaw dressing or mayonnaise. Russian salad consists of shredded cabbage sprinkled with fine-chopped peanuts,

Crown salad is formed of apples cored and quartered and arranged in a ring and the center filled with celery, nuts and mayonnaise.

A cooling dish is chicken salad individually molded in aspic jelly with half a hard-cooked egg in the center.

Combination salad is never served in a heterogeneous mass, but each vegetable is placed in separate little heaps on the lettuce, gaining much in attractiveness thereby. Also, if there is one ingredient that is not agreeable to the appetite, it will not spoil the rest of the salad.

Quite the most original idea was to bake apples with brown sugar and a spoonful of vinegar over each. These were served, cold, with mayonnaise and decorated with candied cherries.

Ordinary potato salad is embellished with peas and English Walnuts.

Green Mountain salad is distinctive. The whole yolks of hard-cooked eggs and some cheese balls of the same size

are first dipped in olive oil or melted butter, then rolled in minced parsley and pickles. These are heaped on a bed of cress, and the whites of the eggs are chopped and added to the mayonnaise.

Originality, however, is not confined to the ingredients alone, but that quality is likewise imparted to many of the dressings. For instance, there is one made of a hard-cooked egg pounded to a paste with paprika, one-half teaspoonful of salt, the same of French mustard, one teaspoonful of chopped chives, two tablespoonfuls of oil and three of vinegar. Another is composed of one tablespoonful of Worcestershire sauce, two tablespoonfuls of catsup, two tablespoonfuls of vinegar, six tablespoonfuls of oil and one hard-cooked egg, chopped. Peanut butter is often added to mayonnaise for cold slaw. The prepared mustard is considered better than the powdered in dressings calling for the same.

The Private Dietitian

Gertrude I. Thomas

IT'S hard to be told at forty-five, when one is about to retire and spend the rest of his days just pleasuring, that he must be a slave to his diet. Such was the case with the stormy little Doctor's diabetic patient. "You are good for more years than I am, if you take care of yourself," the Doctor told him. "Careful living will do it. Your carbohydrate limit is —"

"I'll take your word for that, Doctor. Your remarks seem most intelligent, but 'carbohydrate limit' means nothing to me. The fact that I do realize is that I've spent my life earning the vacation that I was about to take, and then you hang a hospital around my neck and talk about my intolerance for sugar.

Years to live and a regular meal means trouble."

"And," said the Doctor, "if I discharge you from the hospital, you will go on a 'bread spree' and be back on my hands in no time. Poor fellow! I admit that cruise of yours is hard to give up. Where had you planned to go?"

"The Canal Zone first, and then just anywhere. My sister and I have looked forward to this trip for years. We meant to wait for it until we had plenty of time to enjoy it."

The sturdy little Doctor studied his patient with genuine affection. They had long been friends, and it saddened him to see this distinguished-looking man so dependent. A man of his vigorous

habits was certain to be discontented in any hospital, and that he had determined to have his trip, at any cost, was evident.

Come with us, Doctor," he urged. "I'll be an ideal patient. I'll live on bran and alfalfa the entire trip and promise not to register a kick."

"Unfortunately, that is impossible. However, if you insist on going somewhere, keep near America where I can be in touch with you. I'll send a dietitian with you. She will regulate your diet and mail me a report each day. Then if all goes well, and you live up to this promise of being an ideal patient, we may consider the Canal Zone."

"A dietitian! I say, Doctor, that has a formal sound. Really my sister and I are so accustomed to each other and are rather set in our ways —"

"No objections," ruled the Doctor. "The dietitian I have in mind is a most competent and adaptable girl. She makes a good appearance, plays a good hand of bridge and will be quite an addition to your party. Without her you must not attempt the trip. Besides your diet, she will have your sister weighing twenty pounds less in no time. She can spare, at least, that or some of these days her overworked heart is going to rebel, and I'll have another patient. Although I enjoy your family socially, I have known patients easier to convince when it came to their diet."

And for such cases as these, the private dietitian came into existence. You may find her at the beaches of California, where the society woman is trying to ward off embonpoint, and regulating the diet of a delicate child. Again, she is at the quiet country place, where the patient does not require so much the care of a nurse, as rest and an abso-

lute diet. Some large families of means find a dietitian indispensable. She tactfully keeps the anaemic child on a suitable diet, withholds fats from a child having a low tolerance for fats, and plans well-balanced meals for the remaining members of the family.

Mothers have ceased to say "Let him have it," when "it" means a child's tenth lump of sugar, and are willing to cooperate with the dietitian in regulating the diet of the badly nourished child. Not only is diet in disease important, but it is also necessary to plan for well balanced rations in health, in order to maintain health.

These positions are not numerous and are best secured through physicians who have a wealthy class of patients. If the patient is inclined to travel and it is necessary to live at hotels, suitable combinations may be selected from the table d'hôte for the ordinary restricted diet. However, if the diet is chloride free (as for heart cases) or the carbohydrate is given in a definite amount (as for the diabetic), it will be necessary for the dietitian to make other arrangements for preparing the meals. The chef may resent her invasion of his kitchen at first; however, a few well-distributed tips serve to clear the atmosphere.

There are certain qualities which a dietitian must possess before considering this phase of the work. Besides a thorough knowledge of dietetics, the situation calls for adaptability, a pleasing personality, poise, a sense of humor, tact and an everlasting appreciation of the "eternal fitness of things." If she is able to offer such qualities, and none other should apply, she receives in return an interesting and pleasant form of work and often the opportunities of extensive travel.





HOME IDEAS & ECONOMIES



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Sweet Corn for Winter

THE value of sweet corn by no means ceases with its usefulness as a summer vegetable. No one can raise and save too much of this all round vegetable.

Putting aside the question of canning, the importance of which everyone appreciates, some dried corn should be preserved. If the home possesses a hand mill, however small, it can be utilized to add in a variety of ways to the winter food supply, at practically no expense. Even the wornout meat-grinder can be used for grinding sweet corn, and should not be thrown away.

Any ears that escape notice and become too old for table use should be carefully spared. Leave them standing on the stalk until they are fully ripe. It is better to leave them on the ear until they are thoroughly dried.

The good old-fashioned bunch of corn, with husks turned back and tied together, ought to hang in every home, this fall, and being used for a fair or Hallowe'en decoration, in this state, does not in the least interfere with its edibility later on.

Shelled about Christmas, it can be spread in shallow pans and parched lightly in the oven. Now comes its wide range of use for daily food, and your opportunity to laugh at the flour merchant. Corn meal does not altogether take the place of wheat flour, and should not be exclusively used, but there is little danger of the average family's consuming too much.

The meal, fine-ground, can be used, sifted or unsifted, in brown-bread, in bannocks and in johnny cake. There

is no cereal product on the market sweeter or more delicious. As a breakfast cereal, it will require thorough cooking, but is "all there." Ground a little coarser, it appears as hominy. It is better unsifted, if required for laxative purposes.

If you object to the rich golden color of the browned corn, try grinding it without parching; but for coffee—yes, even that—the darker, short of actual scorching, it gets, the better. For this purpose, grind coarse, and sift out the fine meal, using only the larger bits, tie in cheesecloth, and boil, in proportion of a heaping tablespoonful to a cup of cold water, a long time. Mixed with soy beans similarly prepared (another war-time boon to the home gardener who caters for the table) this is an ideal cereal coffee.

Indian puddings, and additional uses, can be planned by the cook herself who is so fortunate as to have a supply of dried sweet corn to depend upon.

M. E. B.

* * *

Some Helps from Cooking-School

A GREAT many old recipes for baking with soda, tell us to dissolve the soda in hot water, or "put the soda in the sour milk" or molasses. We are taught nowadays in our cooking schools, to sift the soda with the flour. This not only mixes it more evenly, but makes the finished product of cake, cookies, or whatever it may be, lighter and of finer texture than the old way. When soda is put into hot water, molasses, or sour milk, a gas rises immediately from it and

some of its leavening power is lost, before it ever reaches the dough it is to leaven.

To get the best results when beating the whites of eggs, do not "beat" them — toss them with a flat wire egg-beater, and you will have twice as much air in the eggs.

Inexperienced cooks should never use recipes which do not call for level measure. "A teaspoonful of baking-powder" is a very uncertain measure unless it is level, and one to whom proper proportions in baking are new is often at a loss to know whether to use heaping or rounded measure. "Safety First" in baking means careful measuring.

When boiling the syrup for boiled icing or fondant, cover the pan. The steam formed will wash down the sides of the pan and help to keep the syrup from graining. L. LE. S.

* * *

Rice Salad

WHEN in need of a most delicious and appetizing salad for luncheon or Sunday night supper, try the following recipe:

2 cups of cold boiled rice, drained in a colander and each grain flaky and separate, 1 small onion shredded, 2 canned pimientos cut in small strips. Mix together carefully and add mayonnaise dressing.

For the mayonnaise, use the "Three Minute Mayonnaise" recipe. $\frac{1}{2}$ teaspoonful of sugar, $\frac{1}{2}$ teaspoonful mustard, $\frac{3}{8}$ teaspoonful salt, $\frac{1}{8}$ teaspoonful paprika, 1 tablespoonful vinegar, 1 whole egg, 1 cup of salad oil. Put all ingredients into a bowl, except the oil. Add one-third of the cup of oil and beat vigorously until the mixture begins to thicken. Add the rest of the oil, one-third at a time, and beat vigorously after each addition. To this dressing, add 2 tablespoonfuls of Durkee's Dressing or some other highly seasoned dress-

ing. The rice needs a much more highly seasoned dressing than the usual mayonnaise. Serve garnished with watercress, and halves of hard-boiled eggs, and the top decorated with thin strips of pimientos.

Accompanied with stale bread toasted, cut in "fingers" and spread with cream cheese, or with nut bread, made by the recipe given a few months ago in AMERICAN COOKERY, this salad makes a hearty and nourishing meal, and has been voted delicious by friends who refuse to eat rice in any other form. It has the added advantage of being very economical.

A. Y. R.

* * *

Crumb Omelet with Spinach

MELT one tablespoonful of butter; in it cook one tablespoonful of flour and one-fourth a teaspoonful, each, of salt and pepper; add half a cup of milk and stir until boiling; beat the whites of three eggs very light and firm and the yolks until thick; gradually beat the sauce into the yolks, and fold in the whites. Turn the mixture into a hot, buttered frying pan; let cook on the top of the range a few moments, then set into a moderate oven to cook until firm. Meanwhile stir and cook half a cup of bread cubes (half an inch in diameter) in two tablespoonfuls of melted butter until well browned; sprinkle these over the top of the omelet, scored across the middle; fold in the scoring and turn on to a bed of hot, well-seasoned spinach. Serve at once as a supper or luncheon dish. If preferred the browned cubes of bread may be sprinkled over the omelet before it is set into the oven.

Indian Pudding Made with Crumbs

1 cup fine crumbs	$\frac{1}{4}$ cup molasses
1 quart skim milk	$\frac{1}{4}$ teaspoonful ginger
4 cup sugar	$\frac{1}{4}$ teaspoonful cloves
2 tablespoonfuls	$\frac{1}{4}$ teaspoonful cinnamon.
melted butter, or	
other fat	

Scald the crumbs in milk; add the other ingredients; and bake 1 $\frac{1}{2}$ hours in a slow

oven. This pudding may be made with any kind of bread crumbs, but it furnishes an especially good means of using up stale corn bread.

Pancakes

1 cup crumbs	1 teaspoonful salt
2½ cups skim milk	1 teaspoonful sugar
½ cup flour	1 teaspoonful melted fat
4 teaspoonfuls baking powder	1 egg, beaten light

Soak crumbs in milk for $\frac{3}{4}$ hour or overnight. Then add other ingredients and cook on a hot griddle like ordinary pancakes. If sour milk is at hand, use $\frac{1}{2}$ teaspoonful baking soda and 2 teaspoonfuls baking powder.

* * *

Turkish Pilaf

Put one cup of rice over a quick fire in about a quart of cold water and stir with a fork occasionally until the water boils; let boil rapidly three minutes, drain on a fine sieve and let cold water run through the rice. Have two cups and a half of broth and one cup of stewed and strained tomatoes boiling over the fire; add the blanched rice and half a teaspoonful or more of salt and let cook until the liquid is absorbed and the rice is tender. Add more liquid if needed. Cook directly over the fire or in a double boiler. Add half a cup of butter or clarified chicken fat and mix lightly with a fork.

Rice, Milanese Fashion

Blanch a cup of rice as in the preceding recipe. Melt one-fourth a cup of butter or clarified dripping in a stew pan; add two slices of onion, chopped, and the blanched rice and stir over the fire until the fat is absorbed; add about four cups of broth or hot water and a teaspoonful of salt, and cook until the liquid is absorbed and the rice is tender. Lightly fold in two or three tablespoonfuls of grated cheese, also paprika and salt as needed. Turn into a serving dish and sprinkle with a little more grated cheese. Serve as a vegetable or as a luncheon dish.

Rice, Creole Style

Chop fine a green pepper and a mild white onion. Melt one-fourth a cup of butter or dripping; in it cook the onion, pepper and half a cup of shredded ham until yellowed somewhat; add a cup of blanched rice and three cups of broth and let simmer twenty minutes; add four tomatoes, peeled and cut in slices, and one teaspoonful of salt, cover and let cook over boiling water until the rice is tender.

* * *

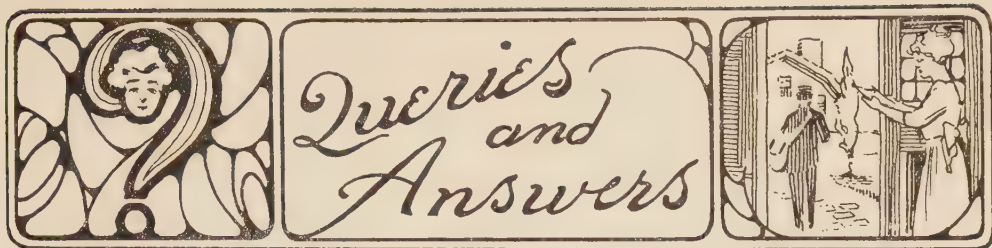
Belfast Cakes (Graham Flour)

Beat half a cup of butter to a cream; gradually beat in one cup of sifted brown sugar, then one cup of seeded raisins, chopped fine, and one egg beaten light. Sift together two cups of sifted graham flour, one teaspoonful of cinnamon, one teaspoonful of soda, half a teaspoonful of mace, half a teaspoonful of cloves, and one-fourth a teaspoonful of salt; add these to the first mixture, alternately, with one cup of sour or butter milk. Beat thoroughly. Bake in a cup-cake pan — (one dozen cups) or a large biscuit-pan about half an hour. Let stand about five minutes before removing from the tins. Fold paper to cut one dozen rounds at one time to set in the bottom of the cup-cake tin. Line the biscuit pan neatly with paper. With graham flour it is quite essential to use paper in the tins.

Sweet Potatoes

Mash hot, cooked sweet potatoes and season to taste, being sure to add a little sugar. Place in a square baking dish. Check off in squares. Place a marshmallow in center of each square and brown in oven to a nice rich brown.

In making biscuits, add a teaspoonful of sugar to each cup of flour; then you can use water for moisture instead of milk, which is quite a saving this time of the year when the price is high. M. J. W.



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose addressed and stamped envelope. For menus, remit \$1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 3835. "Why is it now considered preferable to eliminate Meat or Meat Juice from the diet of a child until about the seventh year?"

Children's Diet Till After the Seventh Year

Meat, or all protein foods, is most liable to putrefaction in the intestines and the younger the child the more speedily these products of putrefaction develop where meat is fed. These products develop much more quickly in a child of three than in one of six. Milk-feeding causes these signs to disappear. Also, if meat be given, on account of its higher flavor, it will largely displace milk, and meat is much poorer in ash constituents than milk. The extractives of meat are stimulating and not needed by children in health. They should be given only to a child ill enough to require a stimulant; and then for that specific purpose. Meat is given to exercise the teeth and for a source of iron; toast exercises the teeth and iron may be provided in spinach and other vegetables. The iron in vegetables is utilized more surely by a young child, than is that in meat.

QUERY No. 3836. — "Recipe for Raisin Sauce served with Baked Ham."

Raisin Sauce for Baked Ham

1 ounce fat pork or bacon	$\frac{1}{3}$ cup Sultana raisins
2 slices onion	4 tablespoonfuls butter
$\frac{1}{2}$ carrot	4 tablespoonfuls flour
$\frac{1}{4}$ bay leaf	$\frac{1}{2}$ teaspoonful salt
1 branch parsley	3 tablespoonfuls cur- rant jelly
$\frac{1}{4}$ cup vinegar	$\frac{1}{2}$ teaspoonful black pepper
$1\frac{1}{2}$ cups brown stock	

Cut the pork, onion and carrot into bits; add the bay leaf and parsley and stir and cook until softened and yellowed. Drain off the fat, add the vinegar to the vegetables and let stand on the back of the range until reduced one-half; strain into the stock, pressing out all the juice possible. Use this stock with the butter and flour in making a sauce. Meanwhile, cook the raisins in boiling water until they are tender and the water is evaporated. Add these with the jelly, the salt and pepper to the sauce.

QUERY No. 3837. — "Kindly publish recipes for Appetizers."

Sliced Eggs, Printaniere

Pound half a cup of cooked asparagus tips and one-fourth a cup of butter to a smooth paste; add a few drops of tabasco sauce and press through a very fine sieve. Have ready small round or diamond-shaped pieces of bread, buttered and browned in a quick oven. Let cool, then spread with the asparagus butter; set a slice of hard-cooked egg in the center, and two or four choice asparagus tips around the egg. Fill in any open space with fine-chopped pimientoes.

Anchovy-and-Beet Medallions

Stamp out rounds nearly two inches in diameter from slices of cold cooked beets. Spread with butter, beaten to a cream and mixed with grated horse-radish and a few drops of lemon juice. Set a coiled filet of anchovy in the center

and press caviare or cooked, chopped egg into the butter around the anchovy.

Lucile Toast

Cut the bread oval shape; spread with butter while hot (toasted), and cover when cold with butter creamed with mustard. Press on the edge a line of fine-chopped pickled tongue; fill the center with fine-chopped chicken breast, with a little fine-chopped truffle at the center.

QUERY No. 3838. — "Give suggestions on the proper food for children eight to eleven years old."

Food for Children Eight to Ten Years of Age

If a quart of milk, to be taken in some form, be allowed for a child each day, all worry as to a balanced food supply is eliminated. A warm cereal with bread or toast to invite mastication gives fuel food for breakfast. Cooked figs, dates or raisins, may be eaten with these. For variety, any one of these fruits may be added to the bread, when it is mixed. About one ounce of lean meat and one green vegetable may be provided at dinner. Baked potatoes with platter gravy or the fat from carefully cooked bacon are better than the same vegetables with a rich sauce in which flour has been cooked with fat. Sauces made in the dripping pan, after roasting meat, *may* be so made that the most objectionable features are gotten rid of. All fat should be carefully removed, and the flour, smoothed in cold water, be cooked in the hot liquid at least fifteen minutes. Macaroni and other pastes, prepared without cheese, with platter gravy, cream, tomato purée or cream sauce are wholesome. For dessert, milk puddings with cornstarch, rice tapioca or bread, plain custard, plain cookies, gingerbread, sponge cake, sweet chocolate or plain candy are allowable. Nuts, except in the form of peanut butter, are unsuitable. Baked apples or bananas and stewed fruits of various kinds may be used at supper. Sweets of any sort should not be allowed

between the meals; lunches should be restricted to mild fresh fruits or dry bread, crackers and milk.

QUERY No. 3839. — "Give points on the Home Canning of 'Vegetables.'"

Methods of Canning

For home canning, two distinct methods of procedure are in general use: (1) Cooking in a saucepan and then transferring the article to the sterilized cans, and (2) cooking the product in the jar in which it is to be stored.

Bulky foods, like spinach and beet greens, hard fruits like apples and quinces, and foods in which there is considerable waste, as beets, are canned more easily, if the process is begun, at least, in a saucepan. Berries, peaches, pears, peas, asparagus, carrots, tomatoes, and string beans retain their flavor better if canned in the receptacle in which they are to be stored. (Cold pack).

Canning With a Saucepan

When canning food with a saucepan, the food, prepared as when to be cooked for the table, is cooked until tender. Sometime before the food is set to cook, the jars, covers, and all utensils, (as spoons, ladle, and funnel) that are to be used, are set into a saucepan of cold water on the bottom of which is a rack of many folds of clean cloth; the jars are filled with water, and the whole is brought slowly to the boiling point and kept at just about this point for ten minutes or longer. When the food is cooked and is actually boiling, turn the water from a jar, set the jar on a cloth, wrung out of hot water and folded, near the saucepan, and fill it with the hot food; dip the rubber ring (which must be new and pliable) in boiling water and set it in place; take a silver knife from the boiling water and move it around in the jar to break up bubbles of air that may be present; add more boiling liquid to fill the jar to overflow; lift the cover from the boiling water, set it in place, fasten securely, and lift the jar to a board. Do not let a draught

of air blow on the hot jar, or it may crack. Store, when cold, in a dark place.

Canning with a Wash-boiler, Steam Cooker, or Canner

A canner made for the purpose simplifies the process of canning. As the cooking is done under very high pressure, the time required is materially shortened. The work is carried out in the same manner with the three utensils mentioned above. Rinse the jars in boiling water, taking care to heat them gradually lest they break; fill the jars with the article to be canned, then set on the rack; put the lids of the jars beside them or in a pan of boiling water on the stove. Cover the large receptacle and let the water heat quickly to a boiling point, then open and fill the jars to overflow with salted, boiling water or boiling syrup, as is required; adjust rubbers and covers, but do not fasten them down, cover the receptacle and let cook as required, then seal and remove to a board out of all draughts.

Selection and Preparation of Vegetables for Canning

Only young, tender vegetables may be canned successfully. As vegetables mature, the sugar in composition is changed to starch; and starch is not sterilized as easily as is sugar. Let the vegetables be fresh-gathered and crisp. Too much attention can not be given to the point of having vegetables fresh-gathered. No more time than is absolutely necessary for preparation should elapse between the gathering and the cooking. Peas, gathered and shelled the night before, lose much of their original sweetness. All vegetables are prepared for cooking in the same manner as those to be cooked for the table.

Preparation of Berries, Currants, and Small Fruits

Berries and small fruits should be handled in small quantities, to avoid crushing. Whenever practicable, cur-

rants should be made into jelly without washing; also pick this fruit before rather than just after rain.

QUERY No. 3840. — "On what does the Successful Canning of Vegetables and Fruit depend?"

Points for Successful Canning

Success in canning any food depends (1) on the thorough sterilization of all utensils used in the process and of the food itself at or above the temperature of boiling water, and (2) on the hermetical (air-tight) sealing of the jars or cans.

QUERY No. 3841. — "If jars on cooling are not full to the top; or when canning in closed jars in a wash boiler, if the jars are not full when the cooking is completed, is there danger that the food will spoil?"

Jars Partially Filled

If a jar be full of sterilized food when the sterilized cover is set in place, and the jar be closed hermetically so that no organisms from the outside may enter, the food will keep.

Canner is of Advantage in Putting up Vegetables and Fruit

Canners are so constructed that the cooking is done under steam pressure. The temperature to which the food is subjected is very much higher than that of boiling water; thus all foods are made sterile by one period of cooking. The time of cooking is also much shortened; it varies with the amount of pressure and also with the article itself.

QUERY No. 3842. — "How may one cook Spinach and Dandelions to get the most from them?"

Cooking Spinach

Pick over the spinach, cut off the roots, separate the leaves, and discard yellow leaves. If wilted, let stand in cold water to freshen. Set to cook with simply the water adhering to the leaves, sprinkle with a teaspoonful of salt; let cook about twenty minutes. Skim from the water, drain, and chop fine. To half a peck of

spinach, chopped and reheated in a sauce pan, add two tablespoonfuls of butter; mix thoroughly and serve at once. Save all the water drained from the spinach; add an equal measure of hot milk or thin cream with salt and pepper as desired and serve at once. This is particularly good for an invalid, a child or anyone needing ash constituents and milk or cream.

Cooking Dandelions

Young, cultivated dandelions, either green or blanched, should be carefully washed, crisped in cold water if needed, then dried on a soft cloth and served as a salad. When boiled, they should be removed from the heat before they have lost their natural crispness and flavor. The wild dandelion grows slowly and is rarely tender enough for use uncooked in salad. In cooking, use but little water, that as much of the ash constituents as possible be retained.

QUERY No. 3843. — "Suggest Menus Suitable for Twins four years of age."

Menus of Children of Four Years

BREAKFAST

Well-cooked cream of wheat, top milk

4 tablespoonfuls

Wholewheat bread, toasted

3-4 tablespoonfuls prune pulp

1 cup milk

LUNCH

1 cup milk

1 slice bread and butter

DINNER

Cream of spinach soup

1 egg, soft cooked

Baked potato

Buttered bread

Rice Pudding with raisins

SUPPER

Puffed wheat, milk

Part of a hot baked banana, mashed

Vary the cereal from day to day. It should be thoroughly cooked. Serve the cereal without sugar. Fondness for sugar is a taste that should not be acquired until the seventh year or afterwards. Mild fruits of delicate fibre, thoroughly cooked, with but little sugar added, are allowable twice a day. A green vegetable, as spinach, asparagus, peas, squash, celery, string beans or

young carrots should be given once a day. At four years the vegetables may be chopped fine instead of sifted. A small portion will suffice, if the child has plenty of milk, eggs and fruit; the main thing is to teach the eating of vegetables before the time of eating them in larger quantity arrives.

QUERY No. 3844. — "How may Bacon, Ham, Chicken and other fats be clarified and used in cooking?"

Bacon Fat for Cooking

Fat cooked slowly from mild-cured bacon is most appetizing on bread, griddlecakes or baked potatoes. It may be used also in basting roast meats.

Clarifying Fat for Cooking Purposes

Set the fat over the fire with about a cup of cold water to each quart of fat; let cook slowly until bubbling ceases. If the fat spatters, set it into the oven to cook. Do not let the fat become overheated. Chicken fat thus treated and strained may be used in making gingerbread or cakes, and is a very valuable addition to the kettle of fat used in frying. Fat from the top of the water in which fresh or corned beef has been cooked, after clarifying and straining, may be used as chicken fat. Ham fat loses less of its distinctive flavor and its use should be restricted to meat or vegetable dishes.

QUERY No. 3845. — "Suggest Inexpensive Supper Dishes that may be principally prepared in the early part of the day."

Inexpensive Supper Dishes

Baltimore samp with cheese or cream sauce; cheese pudding; stewed lima beans; succotash; Boston baked beans; molded beet greens and sliced eggs; salt fish chowder (reheated); lettuce-and-salmon salad; potato-and-onion chowder (reheated); corn chowder (reheated); potato salad with herring or sardines; spinach-and-egg salad; savory rice; Turkish pilaf; hominy, rice or macaroni croquettes, cheese sauce.

Real Cherry Cobbler

TAKE advantage of cherry time and make a cherry cobbler as a cobbler *should* be made. Then you will enjoy a tempting dessert that is a real delicacy.

The crust *must* be tender and flaky and not tough or soggy even after the juice is poured over it. When made with Crisco it is tender and flaky. Besides it is exceptionally delicate and you get the natural sweetness of the fruit.

CRISCO
For Frying - For Shortening
For Cake Making

Crisco is wholly vegetable, the rich cream of edible oil. Being pure and delicate, it makes the lightest, flakiest pastry imaginable. Being tasteless and odorless it permits natural shadings of flavor to be brought out fully. Foods in which it is used taste better.

Crisco is used successfully in all recipes that call for butter as shortening. Butter contains water and curd. As Crisco is *all* shortening one-fifth less is required. As it costs but half as much per pound, to use Crisco is to secure better results for less money. Try it.

Cherry Cobbler

Extra good when cherries are ripe, but delicious all year 'round

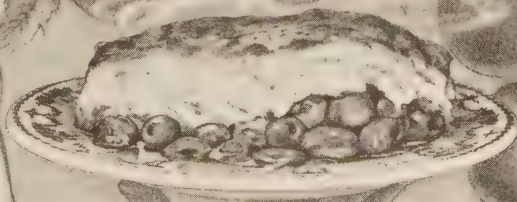
1½ cupfuls flour	1 tablespoonful Crisco
1½ teaspoonfuls baking powder	½ cupful milk
1 teaspoonful salt	1 quart stoned cherries
	1½ cupfuls sugar

(Use accurate level measurements)

Sift flour, baking powder, and salt. Work the Crisco in flour with tips of fingers. When well mixed add the milk. Put the cherries into an oblong pan. Sprinkle with the sugar. Roll out dough to the size of pan, cutting openings in top to allow escape of steam. Put an inverted cup in the center of the pan. This prevents dough from laying on fruit and becoming soaked with juice. Then place dough over all. Bake in moderate oven until crust is brown and cherries are tender. This recipe is sufficient for six generous helpings half the size of the double portion illustrated. Canned cherries may be used. In this case, if fruit has been sweetened, omit sugar and save juice from can to be served with cobbler.

A Book Every Housewife Needs

You will find 144 other recipes in "The Whys of Cooking". Every woman should send for this valuable work by Janet McKenzie Hill. In it the editor of American Cookery and director of the Boston Cooking School by a remarkable series of questions and answers solves thousands of everyday problems that perplex the cook and housekeeper. Your own may be among them. The book is illustrated in color. It contains the interesting Story of Crisco. Although the regular price is 25 cents we will send a copy to you for five 2-cent stamps. Address Dept. A-6, The Procter & Gamble Company, Cincinnati, Ohio



QUERY No. 3846. — "Will you please print a recipe for the Puffs or Popovers which are made by much beating of milk-and-egg, but which are one great air-filled cavity when I make them."

Popovers

1 egg beaten light	¼ teaspoonful salt
1 cup milk	6 teaspoonfuls butter
1 cup sifted pastry flour	

Do not separate the white and yolk of the egg; beat light, add the milk and continue to use the beater while the flour and salt are gradually beaten into the liquid. Butter six hot cups; divide the batter among them and use for the mixture. Bake on the floor of the oven which should be hot at first and cooled somewhat later on. Bake about 35 minutes.

Choice Popovers

Break three eggs into a bowl; add half a teaspoonful of salt and one cup, each, of milk and sifted flour. Beat until smooth with a Dover-egg beater. Have ready a hot iron muffin pan; butter it thoroughly, fill the cups to two-thirds their height with the mixture. Set into a hot oven. Bake about thirty-five minutes, decreasing the heat after the popovers are well puffed.

Your own recipe is probably a good one, for a successful popover is a great air-filled cavity with a well-baked crusty exterior.

QUERY No. 3847. — Recipe for Eggs Shirred with Chicken and Bread Crumbs."

Eggs Shirred With Chicken and Bread Crumbs

For each egg, allow from one to two tablespoonfuls, each, of fine soft bread crumbs and chopped cooked chicken. Season with a little salt and pepper and mix to a paste with thin cream or rich milk. Butter individual ramekins; spread a thin layer of the prepared mixture over the bottom of the dishes and above this break a fresh egg in each; cover the egg lightly with the preparation and let bake in a very moderate oven until the egg is as firm as desired.

TAKE NOTICE

IN these days when women in every household are seeking for information about foodstuffs — how to utilize and conserve to the utmost food-products of every description, we wonder that AMERICAN COOKERY is not flooded with subscription orders. For from no other source, so far as we are aware, can so much useful information on food and feeding be gained as from the pages of AMERICAN COOKERY. In each issue of the publication, the latest facts and information on this now all-important subject, whether emanating from governmental or other sources, are condensed and put into shape and form for immediate application in everyday house-keeping. Thus the housekeeper is aided directly in her effort to simplify and adapt her resources to present conditions.

The things presented in this publication are done by the hands of an expert. AMERICAN COOKERY is devoted to the present-day interests of housekeepers. In this, our day of exigency and stress, can it not help you? Your friends' wants may be very much like your own. Why not tell them about the magazine? We cannot think you intend to discontinue your culinary publication this year.

THE Editor's Summer School of Cookery at "Topo Pino" offers unusual advantages this season. Pupils will be given opportunity to specialize in chosen lines of work. Housekeepers, especially, will find the work both interesting and profitable.

Does any one wish to get away from the turmoil of city life and pass a month amid the beauties of the peaceful, restful country? At the same time, does she wish to improve in the ways of feeding her family — to learn how to make the most of every ounce of a food-supply and waste nothing? Come to the Summer School at South Chatham, New Hampshire.

Jiffy-Jell

REG. U. S. PAT. OFF.

The Supreme Dessert

Summer Flavors



Mint

**For Lamb
or Mutton**

Mint flavor—made from mint leaves—is the latest Jiffy-Jell flavor. It gives you an instant garnish jell for cold lamb, mutton and other meats.

Lime flavor—made from lime-fruit juice—is tart and zestful and green. Like all Jiffy-Jell flavors, it comes in a sealed vial.

It gives you a jell for salads and for relishes. Mix your salads into it and make them a part of the jell.



Lime

**For Salads
For Relishes**

Pineapple flavor—made from pineapple juice—is new in quick desserts. This flavor must be sealed to keep. And it must not be scalded.



Pine- apple

In Jiffy-Jell it comes in a vial, and you add it when the jell has partly cooled.

Jiffy Mint Sauce

For Lamb and Other Roasts

Dissolve one package of Mint Jiffy-Jell in one cup of boiling water. Add the Mint flavor from the vial, then a cup of strained liquid from the pan in which roast is cooked. Serve hot.

And Jiffy-Jell fruit flavor makes a delightful cold dish—for a dessert, for a supper dish or a children's party. Keep several flavors on hand. Every day this summer you will find a use for Jiffy-Jell.

Waukesha Pure Food Company

Waukesha, Wis.

New Books

The Practical Cookbook. By Margaret W. Howard. 152 pp. 12mo. \$0.72 Ginn & Company, Boston, Mass.

This book presents a rather large collection of tested and economical recipes, in such a manner as to show their relation to one another and to the whole question of balanced meals. The plan of the book is novel; the recipes are in groups, and it is absolutely essential that the General Directions which accompany each group of recipes should be read and followed; also that the references should be carefully traced. If the housekeeper calculates the cost of each dish as she prepares it, the columns headed "Price" will serve as a reasonably accurate guide to the cost of her daily meals.

The plan has been carefully and well worked out. The whole subject of cookery in its latest phases is presented in the most compact form. With this book as guide, the practical, intelligent and economical housewife can work out her own bills of fare, and daily salvation.

The Candy Cook Book. By Alice Bradley. Price \$1.00 net. Little, Brown & Company, Boston, Mass.

This book contains three hundred recipes for every sort of candy that can be made in a home kitchen without special machinery. It describes candy ingredients and necessary equipment for candy-making. It gives plain instructions for making both uncooked and cooked candies of every kind and variety. As a guide to home candy-making, it is quite complete and well carried out.

The Healthful House. By Lionel Robertson and T. C. O'Donnell. Price \$2.00. Cloth, Ill. Good Health Publishing Co., Battle Creek, Mich.

"The authors lay no claim to originality in insisting that a house must not only offer shelter against the elements, but that it shall also be hygienic and sanitary, as these terms are commonly understood.

"But in our homes, not rest, not comfort, not health, is the idea, but instead, rooms decorated and furnished in the prevailing mode. What we should do is to take lessons from the restful, soothing effect which the fields and seaside have on us, and so far as possible bring indoors some of the outdoor spirit. We should apply some of Nature's own methods to the treatment of our rooms.

"A house that gives the body all the fresh air that is needed, that provides for the right temperature and that reduces labor to a minimum; a house that will keep the mind tranquil and rested without jarring on one's feeling for beauty — here is the healthful house."

In accordance with these ideas the authors give some very plain and helpful suggestions in respect to the location, construction and furnishing of the healthful house. The several chapters are readable and intelligible. They provide hints and instruction of real worth to thoughtful homemakers. In building a house, not only health and conveniences are to be considered, but here, if anywhere, one's taste is made manifest. No one should enter upon so important a matter without much study, observation and thought.

Key to Simple Cookery. By Sarah Tyson Rorer. Price \$1.25 net. Arnold & Company, Philadelphia.

Perhaps the author herself can best indicate the good points in this volume.

"In the making of this book, my aim has been to educate the housewife in a better understanding of simple cookery.

"The book sets forth my own methods, gained from forty-six years of practical housekeeping, in which time as well as money had to be considered.

"The following of recipes without the knowledge of their general construction (hand-to-mouth cookery), always means drudgery. One must know how to build a dish from materials at hand or



Elizabeth O. Hiller
Denver School of Cookery

RYZON Steamed Snowballs

$\frac{1}{2}$ cup butter
1 level cup sugar
2 $\frac{1}{2}$ level cups flour
 $\frac{1}{2}$ teaspoon salt
3 $\frac{1}{2}$ level teaspoons RYZON
 $\frac{1}{2}$ cup milk
1 teaspoon orange extract
Whites 4 eggs

Cream butter, add sugar gradually, stirring constantly. Sift together flour, salt and RYZON, add to first mixture alternately with milk. Add extract. Then cut and fold in whites of eggs beaten until stiff. Fill buttered cups two-thirds full. Arrange cups in a steamer, place steamer over boiling water, cover cups with buttered paper (buttered side down) adjust cover and steam thirty-five minutes. Serve with Hot Marshmallow Sauce.



Marion Harris Neil
Home Economics Expert and
Writer

RYZON Delicious Popovers

1 level teaspoonful RYZON
1 level cupful (4 ounces) flour
 $\frac{1}{2}$ level teaspoonful salt
2 eggs
1 cupful ($\frac{1}{2}$ pint) milk

Mix flour, RYZON and salt together and sift them twice into a basin. Beat up eggs and add them gradually with milk to flour mixture; rub through a strainer or sieve and divide into hot, well-greased, popover molds. The molds should be a little more than one-half full. Bake for thirty-five minutes in a moderate oven. The oven door should be kept closed until the mixture has a firm enough crust to keep its shape when the door is opened. Sufficient for twelve popovers.



Mrs. Harriett Cole Emmons
Manager RYZON Service Staff

RYZON Dumplings

4 level teaspoonfuls RYZON
2 level cupfuls ($\frac{1}{2}$ pound) flour
1 level teaspoonful salt
1 tablespoonful ($\frac{1}{2}$ ounce) shortening
 $\frac{1}{2}$ cupful (scant $\frac{1}{2}$ pint) milk and water

Mix flour, RYZON and salt together and sift them into a bowl, add shortening and cut it in with a knife or rub it in with the tips of the fingers. Add liquid gradually, and drop from a spoon on the top of a boiling potpie. Cover closely and do not remove cover for about twenty minutes. Serve immediately. Sufficient for ten dumplings.



Three Master Recipes

Try these three Master Recipes from the RYZON Baking Book. Be sure to use RYZON, The Perfect Baking Powder. The two co-operate for uniformly perfect baking results.

RYZON

THE PERFECT BAKING POWDER

After trying RYZON you will want to use it right along. You will also want the RYZON Baking Book (price \$1.00 unless obtained through your grocer). If he cannot supply it, we will send you the Book and a one-pound 35c can of RYZON, postpaid, on receipt of \$1.

GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK



A pound tin of RYZON and a copy of the RYZON Baking Book will be sent free, postpaid, to any domestic science teacher who writes us on school stationery, giving official position.

accessible in the neighborhood market; how to substitute one ingredient for another without upsetting the balance of the meal, and how to use one recipe for many dishes.

"It is a book of principles, not recipes, which if put into practice will reduce the cost of our present high living, and remove the unattractive drudgery from the kitchen and the sameness from the table.

"Make out your bills of fare at least a week in advance; think it all out, and then the time of actual preparation will be very short.

"Study how the left-overs can be used, and collect the materials before you begin the meal. Then stand still before your work-table and do the actual preparation without taking a step. Before you is the table, back of you the stove. Re-arrange your kitchen if necessary, have things convenient, so that cookery becomes only one of the many pleasant household duties."

This is a timely and appropriate book. It seems to us the most acceptable piece of work the author has done.

Eggs in a Thousand Ways. By Adolph Meyer. Limp Leather. Price \$1.00. The Hotel Monthly, Chicago, Ill.

Though this may not be the last word on eggs, it may be regarded as exhausting the subject of egg-recipes. A valuable feature of the book is the comprehensive index, divided into general and departmental, for quickly locating any particular recipe desired. A complete, convenient, and ever-handy little volume.

Tasted Like More

A Brooklyn Heights family recently acquired a new cook — a West Indian. She was shown how to make bread as her employers liked it, but it was evident that she disapproved of their method. One day a daughter of the household went into the kitchen while Ethel was mixing the bread, and Ethel told her with some emphasis that this was not the kind of bread they made in her country.

"What kind do you make there?" she was asked.

"Well, I dunno's I can jes' say, Miss Nellie," she replied, "but it's the kind that sort o' encourages you to keep on eatin'." — *Selected.*

Making It All Right

An old lady who had been introduced to a doctor who was also a professor in a university, felt somewhat puzzled as to how she would address the great man.

"Shall I call you 'doctor' or 'professor'?" she asked.

"Oh! just as you wish," was the reply: "as a matter of fact, some people call me an old idiot."

"Indeed," she said, sweetly, "but, then, they are people that know you."

—*Tit-Bits.*



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G. F. CO.
1914

**Mother—
Save Little Folks' Stockings**

Velvet Grip
HOSE SUPPORTER

Stands great strain and rough wear. The *only* supporter having the Oblong Rubber Button which prevents tearing and drop stitches. Be sure to get the genuine — look for "Velvet Grip" stamped on the clasp.

Child's sample pair (give age) 16c. postpaid
Sold Everywhere

GEORGE FROST COMPANY, Makers BOSTON



There's a delicious freshness to the flavor of

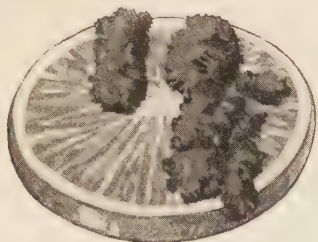
Coca-Cola
TRADE MARK
REGISTERED

suggestive of a glorious spring morning on the links—the cool, crisp air—the long stretch of green—the exhilarating thrill of a corking drive that clears the hazards and shoots straight down the middle of the course.

Demand the genuine by full name—nicknames encourage substitution.

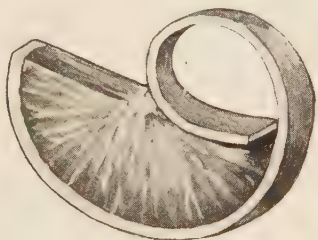
THE COCA-COLA COMPANY

ATLANTA, GA.



With Every Fish Serve Lemons

—for Attractiveness —for Flavor
—for Digestion



Lemons as a garnish, and a dash of lemon juice for flavor make scores of dishes epicurean that would be plain without them

CALIFORNIA'S Sunkist

Uniformly Good Lemons

Sunkist are practically seedless, bright colored, waxy lemons. Because of fewer seeds they are more easily sliced and quartered.

A valuable illustrated book containing 200 tested Orange and Lemon recipes by Miss Bradley, Principal of Miss Farmer's School of Cookery, Boston, Mass., will be sent without charge to housewives who answer this advertisement.

California Fruit Growers Exchange
A Co-Operative, Non-Profit Organization
of 8000 Growers.
Dept. M-88—Los Angeles, Cal.



The Silver Lining

A Queen of Pies

She isn't versed in Latin, she doesn't paint on satin,
She doesn't understand the artful witchery of eyes;
But, oh, sure 'tis true and certain, she is very pat
and pert in
Arranging the component parts of luscious
pumpkin pies.

She cannot solve or twist em — viz., the planetary system,
She cannot tell a Venus from a Saturn in the skies;
But you ought to see her grapple with the fruit
that's known as apple,
And arrive at quick conclusions when she tackles
toothsome pies.

She couldn't write a sonnet, and she couldn't trim a bonnet,
She isn't strictly bookish in her letter of replies;
But she's much at home, oh, very, when she takes
the juicy berry
And manipulates quite skilfully symposiums in
pies.

—Elizabeth Gregg.

The Test of Friendship

A Scotchman ran away with the wife of a neighbor. The local clergyman called upon the deserted husband to sympathize with him. The bereft one seemed singularly cheerful considering the nature of his loss.

"It's too bad, Jock; too bad!" said the dominie. "I understand that Sandy, who persuaded your wife to elope with him, was your best friend too."

The husband smiled gently.

"Yuss," he said; "he was—and he is."

She Had Nothing to Talk About

Good old Saint Peter, taking a stroll through the realm of Paradise, says *Puck*, observed a middle-aged woman, a very recent arrival, whose expression betokened anything but happiness. Instantly he approached her to inquire the cause.

"My good woman," he began, "you don't look as though you were enjoying yourself. Your golden harp is untouched at your side. Your crown of glory is not on straight, yet seemingly

Add Exploded Wheat Grains

And Make That Dish Complete

The bowl of milk is ideal food for noons or nights in summer. But what will you put in it?

Bread or crackers—made from just the inner parts of wheat? Why not all the wheat? Then you have in one dish all that human bodies need.



The Scientific Food

Puffed Wheat—invented by Prof. Anderson—stands first among the hygienic grain foods.

It is whole wheat puffed to eight times normal size. Every food cell is exploded, so digestion is easy and complete. All the food elements are made available.

After an hour of fearful heat, the grains are shot from guns. And a hundred million steam explosions occur in every kernel.

The grains come out like bubbles—flaky, toasted, crisp. When eaten they seem to melt away. They taste like porous nut-meats.

Yet these delightful morsels—these seeming confections—are this premier grain food, fitted for digestion as it never was before.

Add these to the milk dish. Then you'll have a dish containing 16 foods in one.

Puffed Wheat

Puffed Rice

and Corn Puffs

Each 15c Except in Far West

Flaky Titbits

Thin, crusty morsels to mix with fruit. Or with sugar and cream, to make a morning food confection.

Like Bubbles

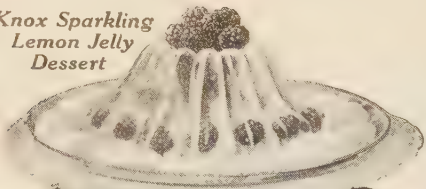
Airy, flimsy, toasted globules to float in bowls of milk. Very easily digested.

Keep well supplied in summer. Use in candy making, or as garnish for ice cream. Let hungry children eat them dry, or doused with melted butter. Every ounce is an ounce of ideal nutrition.

The Quaker Oats Company

Sole Makers

**Knox Sparkling
Lemon Jelly
Dessert**



Soak 1 envelope Knox Sparkling Gelatine in 1 cup cold water 5 minutes and dissolve in 2 cups boiling water. Add $\frac{3}{4}$ cup sugar and stir until dissolved. Then add $\frac{1}{2}$ cup lemon juice. Strain into molds first dipped in cold water and chill. Add dates, nuts, berries, oranges, bananas, fresh fruit — or canned fruit.

If fruit is added to the jelly it may be served as a salad on crisp lettuce leaves, accompanying with mayonnaise or any salad dressing.

I KNOW every woman wants distinctive clothes and hats. Every woman should want distinctive table dainties. By using Knox Sparkling Gelatine you can combine your own personal ideas with our tested recipes.

When you serve **Knox Sparkling Gelatine** to your family or guests you are complimenting and pleasing them with something that is your own creation.

With either package of Knox Plain Sparkling Gelatine or Knox Sparkling Acidulated Gelatine (Lemon Flavor) you can make *four pints* of jelly. Besides jellies you can show originality in making *Salads, Puddings, Candies* and other good things.

Wm. Charles B. Knox.
President.

Recipe Book Free

Our book "Dainty Desserts for Dainty People" sent on receipt of your grocer's name. If you wish a pint sample enclose 4c in stamps.

CHARLES B. KNOX GELATINE CO., Inc.
407 Knox Ave., Johnstown, N. Y.

KNOX
SPARKLING
GELATINE

you do not care. In fact, your whole appearance and demeanor suggest despair rather than rapture. Don't you know where you are, my good soul? This is Heaven."

The woman looked up at Saint Peter with a lack lustre eye.

"Alas, I know it," she said in hollow tones, "but it is not Heaven to me."

"What? Why, my dear madam, what

"I can't help it; it's true. When I was on earth, I got my chief enjoyment out of talking about my ailments, swapping symptoms with the woman next door. Oh, you cannot realize the happy hours I spent. And now — and now —"

"But, my dear soul," expostulated the saint, "there are no ailments in Heaven."

The unhappy shade heaved a heart-rending sigh.

"That's just the trouble. I'm perfectly well," she said; "I haven't a single topic for conversation."

She was a dear old lady, a bit behind the times, and was reading advertisements.

"Father," she asked, "what is these negligée shirts?"

"Don't you know? Negligée shirts ain't so choky as a b'iled shirt — I mean a reg'lar *hard-b'iled* shirt. A negligée shirt is something you might call a *soft-b'iled* shirt."

When Jimmy Wallace announced that he was going to give up barbering and study dentistry, every one in the village had some comment to make upon it, *pro* or *con*. "Wal, Jimmy," contributed his uncle Si, after due cogitation; "it'll be about th' easiest thing y' can take up, next to barberin', I reckon, 'cause y' already know how t' work th' chair." — *Harper's Magazine*.

A teacher in a public school asked the children to define the word "advice."

"Advice," said a little girl, "is when other people want you to do the way they do."

Have flaky, tender pie crusts

Are your pie crusts so light, so tender and flaky that they fairly melt in your mouth?

If not, it is because you are using a shortening that is too soft. This makes the dough sticky, impossible to handle lightly, and the crust is tough. On the other hand shortening that is too stiff does not work smoothly into the flour. It forms tiny lumps and the crust is coarse and grainy.

You can get shortening that has exactly the right consistency. Swift's "Silverleaf" Brand Pure Lard makes a dough that works successfully and mixes into the flour with velvet smoothness.

With "Silverleaf" Brand Pure Lard you will be amazed see how much more delicious your pies are. Your family will say they never before knew how delicate, how flaky, pie crusts could be!



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Swift & Company, U.S.A.

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(Made in a Jiffy)

Let us help you solve the high cost of living.

Skim milk contains all the nutriment except the butter fat that whole milk does and it costs very much less.

Fresh skim milk when used with Nesnah makes an excellent milk pudding and one that tastes rich and creamy.

Nesnah milk sherbet is refreshingly wholesome; it, too, can be made with skim milk and costs very little more than water sherbet, but it *does* contain many times the food value.

Nesnah Ice Cream is so easily and so economically made that more and more housewives are making this splendid year around food instead of buying ice cream.

By using Nesnah for a luncheon dish, as a between meals "snack" or for a dessert you can make a sensible reduction during this high cost of living period.

Try a ten-cent package of Nesnah and a quart of milk to make dessert for dinner tonight.

Seven Pure Natural Flavors

Vanilla	Orange	Raspberry
Almond	Lemon	Chocolate
	Coffee	

A postcard will bring you samples and a cook booklet.

Write to

Chr. Hansen's Laboratory, Inc.

The Junket Folks

Box 2570 Little Falls, New York

Seasonable and Tested Recipes

(Concluded from page 41)

out; drain in a cloth; reheat to the boiling point and pour into sterile jars, filling them to overflow; adjust the sterile rubber bands and the covers and tighten the jars.

Dried Mushrooms

Wild mushrooms should be dried as soon as gathered; cultivated mushrooms will stand delay much better. Remove the stems, and peel the caps; break the stems apart lengthwise, if thick. Set on agate or earthen plates over the range or in the sun. Cover, meanwhile, with coarse cheese cloth raised above the mushrooms. Stir frequently. The mushrooms will be thoroughly dried in twenty-four hours. Scald in a cool oven before storing.

Dried Berries

Berries, washed and drained on a cloth may be dried in the same manner. Do not discolor in the least when sterilizing in the oven. Moderate heat is all that is necessary. Store in cloth bags. To use, soak over night in cold water.

Woman Farmer's View

In the Light of a Plethora of Advice

FOR the past month I have been working hard all the day to do my "bit," and at night I have read some (God forbid that I should read all) of the advice and suggestions offered by countless people to the women and to the farmers as to how they can best serve their country.

One of "the people" suggests, almost insists, that the women give up their servants and do the housework themselves. Mighty good advice for women who keep servants and have nothing more important to do than housework. Another of "the people" suggests that women adopt the minute girl's suit. Good advice, too, for women who would look well in a minute girl's costume. Many will follow, but few will profit



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Use it on top of your range, oil stove or gas plate—
 Saves its cost in one season—Bakes bread, beans,
 pies and roasts over the same fire at the same time.

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found only in the BOLO enables you to do this—no
 other oven has this wonderful feature. *Say BOLO*
to your dealer—if he's a good one he has it, or he will get
it for you.

There is only one BOLO

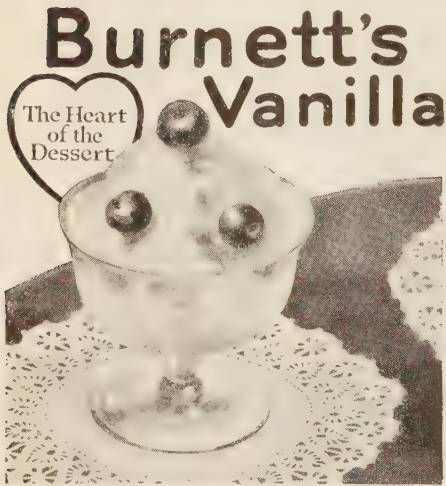
IF YOUR DEALER CANNOT FURNISH WRITE FOR BOOKLET

The Griswold Manufacturing Company
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Largest Makers of waffle irons and cast cooking utensils in the world

The cream, sugar, ice, fruit, etc. in your ice cream—each costs more than the flavoring. Don't risk them with inferior extracts—use Burnett's.

*Your grocer can supply you
with Burnett's Extracts.*



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SKINNER'S
THE BEST
MACARONI**



MY SIGNATURE
Paul Skinner
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**MADE FROM THE HIGHEST GRADE DURUM WHEAT
COOKS IN 12 MINUTES. COOK BOOK FREE
SKINNER MFG. CO. OMAHA, U.S.A.
Largest Macaroni Factory in America**

thereby. Hundreds of "the people" tell the women how to live without eating—how to feed their families on little or nothing. No one can gainsay that this is good advice, providing one lives while carrying it out.

And so the advice pours forth, and thereby perfectly good paper, which we are advised to conserve, is wasted.

The poor farmer! I would feel sorry for him, indeed, if I did not know that he will go along just about the same as usual, working a little harder, perhaps, to raise all he can to provide a bare living for his family.

I am a nonentity!—that is, I am one of "the people" only when the tax bill is due. I am a woman and a farmer; but, if you will allow me, I will say that all this advice is just a wee bit tiresome to one who knows conditions in the country.

Personally, I own a farm of over 100 acres—not all tillable, but worth working, and I know whereof I speak when I say that it is almost impossible to get the land plowed and cultivated. Why? Because many like myself, do not keep their own team and nearly all the good teams are working on the roads.

However, if one is fortunate enough to have his or her land in condition, many are not able to buy the seeds to plant, even if they can find them, with potatoes at \$4.50 a bushel, beans \$12 a bushel, and everything else exorbitantly high.

Then again, supposing one has the ground in condition and plenty of seeds to plant. Why, you say, go ahead and plant! Yes, but one needs help to do the planting, and where are "the people?" Have they enlisted? No. Some are working on our farms; many are working on the roads; some are blocking traffic and settling the war by the bulletins, and many are celebrating their patriotism—they are drunk!

Let the women do the work on the farms; why not? They should serve in a democracy! With your permission, Mr. Editor, I would waste a little paper on a few suggestions:—



MIX

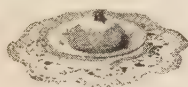
Place $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{2}$ cup sugar and pinch of salt in 3 cups of boiled coffee.

COOK

Cook for 15 minutes in double boiler. Remove from fire. Flavor with vanilla.

SERVE

Serve in one large-portion or in individual glasses, with sugar and cream as desired.



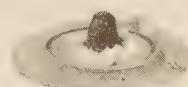
Pineapple Tapioca

Boil $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{2}$ cup of sugar and pinch of salt in 4 cups of water till clear. Remove from fire and add 1 cup pineapple grated or chopped with $\frac{1}{2}$ cup of sugar. Serve with cream. This is shown served on a slice of canned pineapple with whipped cream and whole nut on top.



Danish Pudding

Cook $\frac{1}{2}$ cup Minute Tapioca in 3 cups hot water 15 minutes. Add $\frac{1}{2}$ cup sugar, 1 salt-spoon salt and 1 small tumbler grape jelly. Stir till dissolved. Serve ice-cold with sugar and whipped cream. Pint ripe strawberries may be used in place of jelly.



Coffee Tapioca

Cook fifteen minutes in 3 cups coffee, $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{2}$ cup sugar and a little salt. Flavor with vanilla and serve cold with cream and sugar. One more cup of coffee may be used unless it is desired to mold this dish. This is shown molded in a jelly glass and served with whipped cream.

Mrs. Delia M. Derby—
in charge of Recipe,
Menu and



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diagonal blue band
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Man.



Tapioca Cream

Cook in double boiler fifteen minutes, quart hot milk, two heaping table-spoons Minute Tapioca and a little salt, stirring frequently. Beat together the yolks of two eggs and half cup sugar, and at the end of fifteen minutes stir into the milk and tapioca. Cook until it begins to thicken like custard. Remove from fire and whip in the beaten whites of the eggs. Add any flavoring desired. Delicious.

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If your grocer cannot supply you, write to us and tell us his name and we will make it easy for you to get "Little Chef" of him or some other good grocer in your neighborhood.

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DOMESTIC SCIENCE

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Food, Health, Housekeeping, Clothing, Children.
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"THE PROFESSION OF HOME-MAKING," 100 page handbook, FREE. Bulletins: "FREE HAND COOKING," 10 cents. "FOOD VALUES," 10 cents. "FIVE CENT MEALS," 10 cents.

AM. SCHOOL OF HOME ECONOMICS, 503 W. 69th St., CHICAGO

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**Whips Thin Cream
 or Half Heavy Cream and Milk
 or Top of the Milk Bottle**

It whips up as easily as heavy cream and retains its stiffness.

Every caterer and housekeeper wants CREMO-VESCO.

Send for a bottle today.

Housekeeper's size, 1½ oz., .25 prepaid
 Caterer's size, 16 oz., \$1.00 "
 (With full directions.)

CREMO-VESCO COMPANY
 631 EAST 23rd ST., BROOKLYN, N. Y.

First, I would suggest that work on the roads be suspended, that the teams and men thus employed may be at liberty to work on the farms, where they are very much needed.

Second, that all the large storage plants, now going up all over the country, be pulled down, and that those already built be emptied.

Third, that the men standing on the curbing gazing at the bulletins be drafted into the army at once, and that "the people" cut out liquor, that good workmen may not be rendered useless and that the money thus spent may be used to feed little children who are now going hungry that their fathers may drink.

And last, and not least, may I suggest that now, when everyone is calling on the women to help and when the women are responding loyally to the service of their country, that this is a most fitting time for "the people" to make this great country of ours a democracy, in fact as well as, in name. Taxation without representation is tyranny in time of war as well as in time of peace!

—C. F. in *Spring field Republican*.

Pessimistic

She — "Do you believe that too many cooks spoil the broth?"

He — "Yes, altogether too many."

"Teco" is a most satisfactory food preparation for the camper (see advertisement on the back cover). It is convenient to carry, simple to use, palatable and nutritious. Send to The Ekenberg Company, 211 Fish St., Cortland, N. Y., for a free copy of "Campfire Cookery." If your grocer does not keep Teco and you send 12 cents in stamps (15 cents west of the Rockies), a full size package will be sent you prepaid. (Adv.)

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40% GLUTEN

Guaranteed to comply in all respects to standard requirements of U. S. Dept. of Agriculture.

Manufactured by
FARWELL & RHINES
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Well-Balanced Economical Dinners of Two Courses

(For four adults, doing average work and having light breakfast and luncheon)

I

Steamed Forequarter Lamb (5 pounds)
Steamed Potatoes
New Lima Beans
Sliced Tomatoes, French Dressing
Whole Wheat Parker House Rolls
Croutons of Cake with Baked Bananas, Sultana Sauce

II

Lamb-and-Tomato Soup, Imperial Sticks
Filets of Fresh Fish Baked with Bread Dressing, Fish Bechamel Sauce
Scalloped Potatoes
Buttered Onions
Whole Wheat Parker House Rolls (reheated)
Romaine, French Dressing
Black Coffee

III

Lamb Soufflé, Tomato Sauce
String Beans
Creamed Kohl Rabi
Swedish Bread
Cheese Balls
Lettuce, Peaches and Pineapple, French Dressing
Toasted Crackers

IV

Home Canned Fish Chowder
Lettuce and Sliced Tomatoes, French Dressing
Blackberry Shortcake

V

Cream of Corn Soup, St. Germaine
(Corn timbales in soup)
Mayonnaise of Cauliflower
Rye Bread and Butter
Peach Sherbet
Cookies

VI

Boiled Fresh Fish, Egg Sauce
Boiled Potatoes
Buttered Turnips
Olives
Cheese Balls (fried)
Romaine and Sliced Tomatoes, French Dressing
Yeast Biscuit
(Cornmeal and Wheat)
Half Cups Coffee

VII

Creamed Fresh Fish au gratin
Baked Potatoes Summer Squash
Cucumbers
Sliced Peaches
Sponge Drops



Group of Foods rich in Mineral Salts
and Water:
Pineapple, Egg Plant, Lettuce, Tomatoes,
Apples, Lemons, Oranges

Group of Foods largely Carbohydrate (Starch
and Sugar):
Cereals, Potatoes, Bread, Ham

Group of Fats:
Butter, Cream, Olive Oil

Group of Foods largely Protein:
Milk, Beans, Salt Codfish, Filet of Beef,
Eggs, Cheese

EACH DAY SELECT SOME FOOD BELONGING TO EACH GROUP, BUT NOT NECESSARILY THE ONES ILLUSTRATED

American Cookery

VOL. XXII

AUGUST-SEPTEMBER, 1917

No. 2

Alaska—The Aquarium of North America

By Clio Mamer

OF course, we have all become used to reading the word, "Alaska," on a large portion of the cans of salmon that find their way into our kitchens, but it was not until last summer, when I journeyed to Alaska and smelled the never-to-be-forgotten smells of the cannery at Skagway, and watched the salmon leap over the falls at Ketchikan, and saw the waters in and about this almost unknown territory of ours, that I realized what the acquisition of this vast country to the northwest of us meant to the fish supply, not only of the United States, but to that of the entire world. Alaska is, indeed, a monster aquarium to which we may confidently look for relief when the rapidly increasing cost of meat makes its daily consumption a thing of the past.

The fishing industry was the first one to be developed in Alaska. It was from the water that the native tribes of Alaska obtained their most important article of food. It is to the water, still, that the remnants of Indians and Eskimos, who still remain to share the land with the white man, are indebted for their means of livelihood, for about one third of the entire native population is employed in the canneries. The statistics connected with this industry are well-nigh unbelievable. It is just fifty years since our government purchased Alaska from Russia, and in that short space of time, in spite of the inaccessibility of the country, this far northern land has realized \$254,000,000 from the

sale of fish alone. In 1915, these fisheries produced, according to the government reports, \$20,999,343 and employed 22,463 persons, of whom 11,289 were whites, 5000 Indians, 2190 Chinese, and 1631 Japanese. In this same year there were \$37,316,360 invested in this industry.

More than \$31,000,000 of the above sum was charged up to the salmon canneries alone. These factories employ 16,307 persons. In 1914, there were eighty salmon canneries in operation in Alaska. In the same year, which will long be remembered in the history of the country, 4,056,653 cases of salmon were exported. The market prices were high for canned salmon that year, and the catch of red salmon was unusually large, so that the factories were well satisfied with the year's work. In addition to the tinned fish, millions of pounds were mild-cured, frozen, and pickled, or else sold to be used in the natural state. Since the outbreak of the war, there has been a slight decrease in the demand for the salted and pickled salmon, as Alaska has been cut off from foreign markets. One result of this is that the king salmon is being canned to a greater extent than ever before. Just a few days ago, I saw an entire table stacked high with cans of this species of salmon. It was in a large department store in Chicago, and the price demanded was twenty-five cents a can. Other grades of Alaska salmon sold as low as fifteen cents for the same sized can on nearby tables.

When one comes to understand that the difference of ten cents a pound for this fish is occasioned not by any superiority in food value or taste, he begins to think that he is paying a little too dearly for the pretty red color of the higher priced article. The deep red sockeye commands thirty cents.

Alaska salmon varies from a delicate pink to dark red in color, and there are five species of this fish in the waters in and about Alaska. They are the king salmon, which is also known as the Columbian River chinook, and in Alaska is usually pickled or mild-cured; the sockeye, which is found mostly in western Alaska, and which is the most important, commercially, owing largely to its deep red color; the humpback, which is taken mostly in the waters of southeastern Alaska, and is liked best of all by the people of the western coast. The humpback is a delicate pink in color and is fully as nutritious as any of the red salmons, but when canned it does not bring the same price on the market, as it loses its color as it is cooked, and for this reason many people refuse to buy it. The chum, or dog salmon, is the one most used by the

natives of Alaska. It is richer in protein than the high-grade red salmon, but its name and its lack of color render it unpopular with many persons. This fish can be dried and kept for a long time without deteriorating, and hence the early gold-seekers soon came to know its value and to esteem it as highly as the natives did. It received its ugly name from the fact that both the natives and the pioneer white men in Alaska were in the habit of sharing it with their dogs. This salmon is, also, the best kind of salmon to freeze, and much of it finds its way to eastern markets where it brings a good price. The coho, or silver salmon, is well distributed through all parts of Alaska. During the spawning season, these fish are so numerous in the fresh water streams of the interior that it is a common sight to see them overcrowding one another out of the water on to the shore in their struggle to ascend the stream.

The salmon of the Pacific coast is one of the strangest and most interesting members of the finny tribe. What is it that urges these fish, in spite of all obstacles and untold suffering, to leave their homes in the ocean and persist in



INDIAN FISHERMAN'S HOME, WRANGELL, ALASKA



KETCHIKAN, ALASKA

their mad endeavor to reach the fresh water streams in which they were hatched, there to propagate their species and then to die? Again, what becomes of the young salmon from the time when they are released from the hatcheries, or leave the fresh water streams where they are hatched, until they return once more mature fish ready to spawn? All trace of them seems to be lost during the intervening years, for salmon are never caught in the ocean.

One of the sights of Ketchikan, the first Alaskan town at which the tourist steamers stop, is the falls at the back of the town, where, during the months of July and August, the salmon may be seen leaping. The waters below the falls are so clear that the thousands of salmon in them may be seen lying almost motionless, their tails only seeming to move. They are gathering strength to breast the foaming waters of the falls. Suddenly there is a flash, a streak — a salmon has disappeared. It has bucked the current and won. Another follows. It leaps high in the air, only to be thrown back out of the boiling cauldron into the pool below. And so it goes. Some get through the first time; others

fall back into the stream, time and again, and still others strike upon the rocks, where, battered and wounded, they struggle until, at last, they work themselves into their natural element once more.

In order to prevent the Alaskan waters from being fished out, the United States government has made provisions for hatcheries. Two of these are operated by the government itself, and five by private concerns which are engaged in the cannery business. For every thousand of either king or red salmon-fry released by these private hatcheries the companies are allowed a remission of forty cents of the federal fisheries tax. In 1914, the private companies released 64,355,580 red salmon fry, and the two government hatcheries, 51,163,100 sockeye salmon. In addition, about 17,000,000 humpback salmon fry were planted by the government hatcheries.

Next in importance to the salmon fisheries of Alaska are the halibut. Eighty-five percent of the halibut used in this country comes from the Pacific coast, and a large part of this comes from Alaska. In 1914, there was

\$2,744,055 invested in this industry, and there were 1,455 persons gaining their livelihood through means of it. In 1915, the capital invested had increased to \$2,842,800, and the number of employees to 1,455. In this latter year 15,417,789 pounds of halibut valued at \$781,001 were handled by those engaged in this business.

Halibut fishing is at its best during the winter months, and the little town of Petersburg often shelters as many as sixty schooners in its harbor in one day. The greatest care is taken in preparing this monster fish for eastern markets where it may be purchased in the frozen state at a much smaller cost than the fresh halibut caught along the Atlantic coast. This fish often sells for as low as fifteen cents a pound in the fish stores of our large cities. It is no uncommon thing for a million pounds of this fish to be unloaded on the docks of Seattle in one day. The halibut season ends in April, as far as most Pacific coast fishermen are concerned, for it is then that the salmon run begins.

Petersburg, with its permanent population of over one thousand souls, owes its prosperity to the fact that it is the headquarters for the halibut fishing

schooners. It has several large canneries and a saw mill with plenty of work for all the inhabitants. One thing, on which the fishermen of Petersburg and those of many other Alaskan towns save money, is their ice supply. In spite of the ideal climate of southeastern Alaska there are many glaciers which send their icebergs floating out upon the sounds and bays, so that these fishermen can easily obtain all the ice they need for refrigerating purposes.

Ketchikan has been until recently the principal center of the halibut industry in Alaska. Whether it will be able to hold its place in the years to come depends largely upon the action the United States government takes to offset the inducements offered to American fishermen by the Canadian government to get them to transfer their headquarters from this Alaskan town to Prince Rupert, the new town blasted out of a rock and opened up by the Grand Trunk Pacific Railroad in the spring of 1915, about ninety miles south of Ketchikan. These concessions of the Canadian government have already won a goodly share of capital and business from Ketchikan, Petersburg and other towns. The American people has been



PETERSBURG, ALASKA



ICEBERG DETACHED FROM GLACIER

slow to awaken to the danger which threatens Alaska with the loss of a part of her fisher population, and a bill offered in Congress to counterbalance the tempting offers held out by the Dominion government failed of passage. Prince Rupert halibut is now a well-established article of diet, not only throughout Canada, but all along the Pacific coast. It is claimed that this infant port of Prince Rupert is now sending out approximately 15,000,000 pounds of halibut a year.

The Prince Rupert Hotel, at Prince Rupert, features black cod on its menu at nearly every meal. It is, I believe, part of a well-directed advertising scheme to introduce this little-known fish into eastern markets through the medium of the many tourists who stop off for, at least, a meal before proceeding to Alaska. This fish is sold in the smoked or salted state in western cities for from ten to twelve cents a pound, and has already become a favorite breakfast dish in many households. This codfish has as yet been very little exploited by the Alaskan fishermen.

In 1914, there were, according to government reports, eighteen large schooners

and five smaller vessels engaged in the cod-fishing trade in Alaska. The amount of capital invested in this branch of the fish industry alone came to \$623,921, and the people employed totalled six hundred and seventy-seven persons of all nationalities. 15,045,378 pounds of cod, valued at \$438,205, rewarded the labors of the fishermen. It will take many years before these fisheries yield their maximum, as there are many fishing banks that have been barely touched in the past years.

Great schools of herring make their homes in the waters of Alaska, especially in those of the southeastern part, but until very recently, these fish, although the equal in food value of their cousins of Holland and Scotland, which we import so bountifully, have been little used for food purposes. Great quantities of them have been frozen at the canneries and sold to fishermen as bait for halibut during the season when the fresh herring could not be secured for this purpose. Then, too, the Alaska Oil and Guano Company has used these fish in the preparation of oil and fertilizer at their plant in Killisnoo, but so much criticism has of late been directed at

this diversion of a valuable food product from its proper end that the present governor of Alaska, in his report to Congress of June, 1915, has recommended that this practice be discontinued as soon as possible. In 1914, there were \$203,045 invested in this branch of the Alaskan fisheries, and there were one

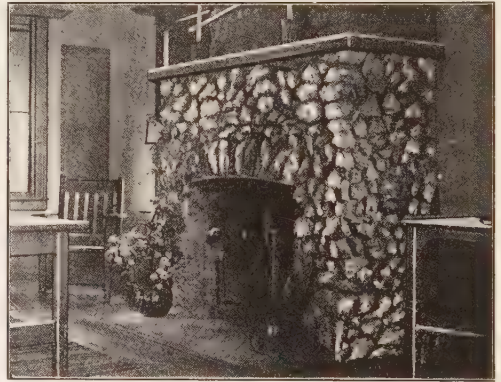
hundred and forty-four persons employed. In that year the value of the products was \$213,217.

In the face of the above statistics, it must needs be a bold and fearless critic who will attempt to dispute Alaska's just claim to the title conferred upon her — the Aquarium of North America.

Bungalow Hospitality

By Phoebe D. Rulon

JACK and I finally built our "bungalow." It was a two-story affair, and, architecturally, had no real right to be classed with bungalows, except, perhaps, the right that usage of a name gives, for our friends dubbed it the "bungalow" from the start. Then, too, the roof had a low, cosey slope that suggested ease and comfort. It was in no sense like the house we had always meant to build, any more than I was like the wife that Jack had always meant to marry. In the one case, as in the other, it is fruitless to search for



THE FIREPLACE



THE BUNGALOW

reasons for these deviations from set rules. Time and circumstances are master builders and influence matrimony and mortar in manifold ways.

There were two features, however, that we resolutely held to from the beginning. There *must* be a rugged, ample and usable fireplace in the living room. This was of easy accomplishment for native stone abounds in most eastern coast towns.

There *must* be a broad and hospitable porch with a wide door leading into the house. These particular features were to be our unspoken salutations of welcome. The rest of the house, in a sense, just "happened," and gathered itself about the fireplace and porch in a natural sort of way.

Tony Jordano had just smoothed the last pailful of cement on the walk leading to the kitchen. To give it a finished look Tony suggested a neat border of green sod, for Tony carried the artistic sense of Italia in his soul. Amid a desert of sand and building debris, this walk and border were a veritable oasis in which we revelled the whole first summer.

The front porch had already taken on an air of settled hospitality, emphasized somewhat by the presence of a hinged shelf that could be raised and adjusted to serve the purpose of an afternoon tea-table. We had not yet arrived at the tea-wagon possession, but we meant to serve tea the very first chance that came along. A half-dozen porch flower boxes, filled with bright geraniums and trailing vines, helped wonderfully in giving the house a finished look and the porch an atmosphere of settled living.

Most of the simple furnishings had been placed, and with a sigh of relief we sat down, Jack and I, to enjoy our first evening meal in our new home. Directly opposite the table, resting on the high mantle shelf above the fireplace, was a slab of wood inscribed by a dear friend with an Emersonian quotation, "The ornaments of a house are the

friends who frequent it." Jack had been looking pensively at this inscription during the progress of the whole meal. A second helping of country honey and hot biscuits rather tended to limber up his tongue, and he turned and said, "Do you really think, my dear, that we can make this a working principle in our new home? Without a maid, without the possibility of getting extra help in an emergency, dare we open our doors to guests and expect to make them comfortable and happy, and at the same time be comfortable and happy ourselves?" Jack said this with feeling, and almost pathos, in his voice. He belongs to the sociable order of men, and I understood perfectly the pride and pleasure he would take in showing our new home to the many friends we could claim, and asking them to share its hospitality for week ends. True to a woman's method, I answered his question by asking another. "Do you suppose," I said, "that the Sage of Concord ever came face to face with the domestic help problem, or was entertaining in his day so simple an affair as to cause no extra labor?" Jack did not answer, he simply sat and mused until a soft afterglow had filled the sky. But, finishing a third cup of tea, he began pouring forth words of wisdom. "There is no question but that Emerson was right in declaring that friends adorn a home, for we know, my dear, that the 'guestless' home is about as barren and lonesome a place as the childless one, but—a misplaced ornament is never decorative and to the trained eye is never comfortable to have around. No more is a misplaced guest. The one, my dear, that would fit perfectly into the life of a Newport establishment, where there are many servants, would be wholly out of place in ours, in my opinion. I believe the problem centers about the *fitness* of our guests, rather than their presence or absence. Contradictory as it seems, even dear, amiable, good friends can be

very uncomfortable visitors. Of such, let us beware." Just at this point, I was reminded how nearly worn to a frazzle I had been at the end of a week's visit from a friend — good as gold — who had come to "do" the city the winter before. The dear soul was blissfully unconscious that she was unreasonable. Jack continued, "You hear and read a great deal about the art of entertaining, the art of hospitality, and very little about the art of being a guest, the art of visiting. To begin with, we must be keenly discriminating. We must invite only the people who will fit into our simple life. We must assume that our friends have come really to live with us for a brief day and give them a chance to 'enter in.' Furthermore, I believe there are many desirable guests going to waste, as it were, because they do not know how to take hold. Do you suppose, my dear, that it would be safe to turn our new home into a sort of training school for guests, and use our friends as a practice class for experimenting? It would be a great innovation, I know, but need it disrupt the real spirit of hospitality? I have noticed in all good hotels, a printed list of rules hangs in every room for the guidance of the patrons. Should we not make it as easy for the friends who come to us?" This latter remark was bristling with suggestions. Jack lapsed into silence and I into thought. Jack is the philosopher, I am the housekeeper! A few days later during our discussion hour, after dinner, I surprised him with some attractive hand-illuminated cards, each bearing a different inscription which I assured him were to serve as guideposts for our friends. The one in the guest room reads:

We welcome you into the life and activities of our home.

Please care for and enjoy this room to the uttermost.

Above the dining table, another one is suspended bearing this inscription:

Now good digestion waits on appetite,
And health on both.

Underneath this Shakesperian quotation is hung another card saying:

Fresh flowers on the table are always acceptable.
Many kinds are offering in the fields near at hand.

The porch card is very suggestive and reads:

No service in this house is more helpful than the care of chance callers from eleven to one o'clock, while the hostess is preparing dinner.

If the whole truth were told, we rather spread ourselves in the planning of our butler's pantry, and here we had every convenience. Above the sink hangs a card with this proclamation:

Dishwashing need not be drudgery.
Try it! ! !

Jack rather squirmed when he read the one intended for the kitchen door:

No admittance during busy hours except on invitation.

After I had convinced him, however, that cooking was an exact science, the process often calling for concentration and undivided attention, he was willing to drive a nail and tack up the card. This by no means debarred our friends from the kitchen, where often their help was invaluable; it simply regulated their presence there.

The force of example is usually dynamic, and in less than a week Jack came in with a rustic board painted in red letters, thus:

Many hands make light work, particularly in the vegetable garden and on the lawn.

He explained that this was to be hung in his workshop so that no man need feel himself boycotted from the interests and activities of our home.

Howells says the supreme joy of seeing Venice is seeing it for the *first* time and seeing it at sunset. We had a first time for the supreme joy of sharing our new home with friends.

Tom Hedges and his wife were elected and they arrived in apple blossom season. Tom was a city dweller and a near neighbor in town. Tom called himself a "flatter," for while they paid for an expensive apartment, he declared everything was on a dead level, hence "flat," and that they were not "apart" from a blessed thing in their establishment. They both belonged to the domestic order of beings, both were country-hungry and both were interested in our new home. In less than an hour, we felt sure they had both joined the family circle. Tom and Jack were hard at it talking vegetable garden and whether the lawn should be sodded or sown. When they came in for dinner, it was hard to tell whose garden and whose lawn it was, so equally was the enthusiasm divided. Directly after breakfast the next morning, Tom was hopelessly lost. He appeared two hours later, tugging a very promising cedar that he found in the woods. With great ceremony he gathered the family together, made a speech and planted our first tree. We hope Tom's grandchildren will some day sit under that

tree. We had taken special care to get only absolute necessities in the way of furniture, that we might have the sustained pleasure of seeing our furniture grow. So while the men were happy out of doors Mrs. Hedges and I had a beautiful time discussing a porch rug and a winged chair for the living-room, and whether the front walk had better be flanked with barberry or spirae. Returning from a long ride the following afternoon, barberry and sod won out, for these blessed friends of ours had seen little else but lawns and borders in their ride of twenty miles. When the train finally bore them away, Jack turned and said, "Our first class has done us proud and graduated with honors. I hope they will soon take a post-graduate course." Mrs. Hedges wrote, "I never knew Tom to enjoy a visit more and his pleasure does not surpass mine. May we come again and see if the tree is living?"

We have been graduating classes of this sort for seven years; and for seven years we have been warming our hearts and ornamenting our home by the friends who frequent it.

In the High Places

Down in your valley the dusk falls too soon;
 Little you reck what you miss o' the moon.
 High o'er your village the great winds go by;
 You are too busy to care for the sky.
 Let me be done with you! Let me be fleet!
 (Dust o' the highroad still white on my feet.)
 Pity and shrug as I pass, if you will;
 Heart o' me answers your slur with a thrill:
 "Lives over there at the back o' the hill!"

Upward and overward, blithely I fare;
 Green-gold the treetops, more golden the air.
 Upward and overward — Here is the sun
 Still on the clover, and climbing is done.
 Here on the hill-slope my heart is all blest,
 Loving the wonderful miles to the west, —
 Intervale, mountains, a deep lake at rest.
 Ah, by the wind and the far mist upwhirled,
 The Back o' the Hill is the Front o' the World.

—Aldis Dunbar.

A Flyer in Silver Cake

By Mabel S. Merrill

SYLVIA, the handsomest and most intellectual of the three daughters of President Stacy of Rexleigh College, knitted her fine brows as she eyed her youngest sister. Teazle was a little moss-rosebud of a girl with rough, curly hair and the sauciest nose in the junior class. Lily, or Lilybell, a dreamy and detached senior, gazed at the pair in a vaguely troubled way, across her writing pad. Lilybell was writing a poem for an intercollegiate prize contest.

"I'm afraid I shall never be able to understand you, Teazle," sighed Olivia. "For five years the rest of us have been half killing ourselves to get a struggling young college on its feet, and you've never lifted your finger to help."

Teazle's brown eyes snapped; then she decided to laugh it off. Perhaps great minds were always a trifle impractical, she reflected.

"All I've done is to keep you from starving," she suggested. "How many times have I contrived to piece out a supper for this scholarly bunch when Mother Hubbard's dog would have howled with anguish at the sight of the inside of the cupboard?"

"Yes," conceded Olivia, "you have always been helpful in little things. You're a dear here at home, Teazle. But don't you see, child, we can't afford to put all our time on little things?"

"I don't know what you call little things," argued the younger girl. "You couldn't teach mathematics on an empty stomach; an exclusive diet of cosines and equations would soon undermine your vitality. And how could Lil keep first in her class and write silver stanzas all day long, if she hadn't anything but moonshine and rose leaves to keep her strength up?"

Olivia waved away these trifling

remarks. "If you had applied yourself as you should, Teazle, you would be able to take charge of those youngest pupils in French, in place of that frightfully expensive assistant Norman sent us from Hewitt. She's going off because we can't pay her more, and I'm sure I don't know what on earth we are to do."

"I couldn't teach," pleaded Teazle in dire dismay. "Everybody isn't born to teach—not even a Stacy. I'll do anything else to help, Olive."

"Real helpers," proclaimed Olivia severely, "take hold where the help is most needed. But truly, Teazle, you don't seem to take hold anywhere. Even in the social life of the college, which Lilybell and I really ought not to be expected to put our time on, you are no good. You'd appear at a faculty luncheon in a gingham apron as likely as not. Now do think over what I've said and try to fit yourself to do some useful work with the classes next semester."

Teazle's cheeks were scarlet as Olivia swept out from the room. "Well, I'd like to know if it wasn't my gingham apron that made the last faculty luncheon a possibility. Anyway, I wore it when I made the salad and cake behind the scenes. It would have been a lunchless luncheon all right, if I hadn't come to the rescue. Look here, Lil, did you know that things at the dormitory are about as bad as they can be? It isn't too much to say that Whitney Hall is demoralized."

"I know the girls are fussing and saying they don't have enough to keep a grasshopper alive. But that's what they're always saying. Dormitory troubles blow over, if you let them alone, Olivia says."

"She'll say it once too often! I can't get her to listen to me. But something is going to drop directly. Mrs. Sands

is just a feeble parody of a cook. Breakfast is a false promise, luncheon a colored illusion, and dinner an underdone nightmare. I have inside information that lots of the girls have written home and that an investigating committee of anxious mothers will soon descend on the dorm in the guise of week-end visitors. If they all take their babies home with them, Rexleigh College will be without students, which is a shade worse than being without teachers, I should think."

Lilybell nibbled her pencil in perplexity. "The girls ought to know they can't have everything when prices are so high," she reasoned.

"'Tisn't high prices, so much as bad cooking that's at the bottom of the trouble," urged Teazle. "I tell you something must be done, and here's my plan: Mrs. Sands is always trying to make out that she's too fragile to do all that cooking, and maybe she is. Anyway, I'm going to take her at her word and send her to bed for four or five days while I do it myself. Rexleigh's tottering fortunes must be retrieved, and I've only my wit and my fingers for capital; but I'm going to take a little flyer in silver cake, at least. That's safe and always turns out well."

"It will be a killing amount of work for forty-two girls," remonstrated Lilybell, ignoring the silver cake. "I've no doubt you could do it, Teazle, you're so clever—in a kitcheny sort of way—there, you see what I mean, dear. I'm afraid, though, that I can't help a bit till this prize poem is finished. You know Norman himself advised me to try for it."

Norman was the family oracle—their older brother who occupied the chair of education at Hewitt University, the renowned institution which had offered this prize for the best poem by an undergraduate of any of the colleges in the state.

"So he did," agreed Teazle. "Well, go ahead, Lil, and I'll do the best I can

alone." And she marched out of the house and across a wide lawn to the girls' dormitory.

Rexleigh College, founded only five years ago, was what Teazle called a hand-made college, and President Stacy and his family were doing most of the making. Olivia taught mathematics, and Lilybell, though not yet graduated, was a social and intellectual leader while Teazle—well, Teazle's part, so far, had been to keep the wolf from the door behind which the great minds of her household labored. She had to do her college work by hook or by crook at the same time, yet none of them seemed to see that her double task was a hard one. With the splendid optimism of those who have never done any housework themselves, the other members of the family really believed that the little girl, as Norman always called her, led an easy frivolous sort of life, running the house with the help of one indifferent maid. Teazle loved the home work and never complained, though, as she crossed the lawn, she smiled a little wickedly to think what a plight they would fall into without her.

"But they'll live till Sunday," she reflected, as she stepped in the kitchen end of the dormitory. "And somebody must tide things over here till the anxious mothers have come and gone, at least."

"I do feel that poorly that I would fly to my bed like a ship to her haven, if I could," admitted the plaintive Mrs. Sands. "But however will you manage alone, Miss Minerva, with company coming and all?"

"You leave that to me," returned Miss Minerva, who was Teazle only in the bosom of her unappreciative family. "Make yourself comfortable in your room, Mrs. Sands, and don't put your nose outside on my account. The passages are fearfully draughty and I mistrust you've got grip germs."

And thus instructed, Mrs. Sands, who was partly ill and partly frightened

by the pass to which matters had come, promptly disappeared from the field.

The next three days, Teazle with her helpers worked so hard that news of the outer world came to her only in echoes. It was not possible to bring order, all at once, out of the chaos to which Mrs. Sands had reduced the kitchen department, and, of course, the littlest girl was not used to doing things on such a large scale. Nevertheless, being "clever in a kitcheny sort of way," she contrived to make each meal better than the last till faces around the long table began to lighten and tongues were loosed after a frozen silence. The dinner at which the mothers were to be entertained was on Saturday evening, and at this meal appeared the results of the "flyer in silver cake" at which Teazle had hinted to Lily. She had planned a luncheon dish at noon which called only for the yolks of eggs. The whites she had saved for the cake to be served with the ice cream at dinner.

"Nothing goes further for your money than silver cake," she explained to the anxious matron who had come to the kitchen to ask after the dinner prospects. "Mother taught me to make it by a simple old rule she had when I was a little girl. And when I see how it turns out I always think it's like her leaving me a fortune. If the cake is nice enough you see, they won't fuss because there's only one kind. And that pretty pink icing will take their fancy so they may forget to notice that it's no thicker than a rose petal."

Teazle peeped in at the dining-room door when the company was all served with dessert. The first course had been good and everybody was looking quite contented over the ice cream and heaping plates of delicate cake.

"It's all right," breathed Teazle. "The girl who has never lifted a finger to get a struggling young college on its feet has contrived to keep it from crashing on a hidden reef with the kitchen end first. I'd like to know if the kitchen

isn't its feet! But Olivia wouldn't think that was much. She'd only say I'd mixed my metaphors."

Then the small cook grew suddenly rigid, for a man sitting in the place always assigned to distinguished visitors had turned his head and seen her as she stood in the crack of the door with her cooking cap all askew, her gingham apron much the worse for wear, and probably a smudge of flour or oven smut on her right cheek. To her horror, she realized that, his chair being close to the door, he was addressing her in an undertone over his shoulder:

"I have an intuition that it was you who achieved this dinner. You look equal to it. Can you truthfully deny that you made this cake?"

Teazle laughed in spite of her dismay at being discovered. "I deny nothing!" she retorted, and vanished with a gasp, for in the next seat beyond the matron she had spied her brother Norman.

"The dear old fellow has arrived in that sudden way of his, and, of course, Olivia has to send him over here to be fed. There's black famine at the house by this time. I'll sneak across and up to my room and get into a good gown before he sees me."

For three days Teazle had ignored the existence of the house across the lawn from the dormitory. Now she fled to it with a feeling of relief, and, gaining unperceived the shelter of her own room, proceeded to make a pretty toilet in honor of the visit of the family oracle.

But there was a faint cloud of trouble in her eyes as she went drifting down the staircase like a tired white butterfly.

"Norman always does stand up for me," mused the littlest girl, "but he may think I've gone too far this time, — being the president's daughter, and therefore one of the pillars of the family dignity. As if folks didn't have to eat, dignity or no dignity. Only a man might not understand the importance of straightening out that snarl at the dorm.

I'll never breathe a word about that wretched professor, or whatever he was, sitting there staring at me — cap, apron, smudges and all." Then she smothered a groan, as, through the open door of the drawing room she spied the "wretched professor" talking to Norman inside.

From another doorway Lilybell, in glad raiment, pounced upon her long-lost sister. "I'm thankful you've come, Teazle, and never again will I underrate the kitcheny sort of cleverness. Olivia and I are only just able to stand up after what we've been through the last three days. And Norman has come and brought the president of Hewitt University with him — what do you know about that?"

"The president of Hewitt," wailed Teazle under her breath, "so that's who he is! And he'll look for the oven-smut on my face first thing. Well anyway, he can't say the cake wasn't all right."

In the drawing room, Norman turned at the sound of his sister's voice beside him. Then, discarding company manners, he gathered her in a regular bear-hug.

"Hurrah for the littlest girl!" he cried. "They've been telling me all about it. I'll see that you don't have to do it again, but that dinner was enough to make a hungry fellow sit up and take notice. Dr. Greville, this is my youngest sister, Minerva, only we call her Teazle from a certain tantalizing unexpectedness in her character."

"Well, well!" the president of the renowned university regarded the transformed cook with a friendly twinkle. "It wasn't for nothing she was named for the Goddess of Wisdom. She evidently knows that genius must keep its feet on the ground and not go soaring off into the clouds without plenty of earthly nourishment. Allow me to say, Miss Minerva, that the apron was wholly becoming, and I congratulate you on that cake no less than on your prize poem."

Teazle flashed a frightened look at

him. "My prize poem?" she gasped, her mind wildly rejecting thought of the verses she had written in an impulsive mood and dropped guiltily in the mail with the address of the committee of award at Hewitt University. "Nobody will ever know, and it was pleasant to write them," she had apologized to herself.

Norman was looking at her curiously. "I always thought the littlest girl had something in her the rest of us didn't suspect," he observed. "Look here, you don't mean to say you didn't know you had won that prize? I was wondering why Olivia or Lily hadn't mentioned it. Teazle, your poem came out in the Hewitt College Weekly this morning, and everybody was reading and talking about it when we left the campus."

"It was worth talking about, too," added President Greville. "A genuine bit of living verse in place of the moon-colored weirdness most of our young writers give us."

Lily had flown to the hall table and brought back an unopened letter, addressed to Miss Minerva Stacy. "Of course, this is your prize announcement, Teazle. Here's the Hewitt seal. You haven't opened any of your mail for three days."

Lilybell was drooping a little as she thought of the time and hope she had expended on her own poem for this same contest. But she was not ungenerous. She gazed at Teazle with puzzled pride, while Norman read aloud the prize poem from a copy of the college paper.

"It's great, Teazle! How did you ever think of it?" sighed Lilybell.

"Why" — Teazle hesitated, half ashamed, — "I do believe it was the cake-making put it into my head. I'd been making silver cake that morning, too; it turned out beautifully, and — and, all at once, it came to me what a glorious world it was where you could put your hand to common everyday work and see it blossom all over with the little flowers of usefulness and

comfort and happiness that make life livable. It was like seeing a vision of the hidden meanings of things; I couldn't help trying to tell it."

"The child has given us her secret," announced Dr. Greville, with a glance at Norman. "The truest poetry of

life grows out of everyday toil."

"Then, Teazle" — Lilybell, who was not without a sense of humor, said the last word in a whisper — "I don't see but I must leave off making silver stanzas till I've learned to make silver cake."

Camp Utilities

By George Ethelbert Walsh

ONE does not expect all the comforts and luxuries of home when camping, but a little forethought and preparation will eliminate many of the disagreeable features that often counterbalance the good obtained in outdoor life. After all, we must eat three meals a day, whether camping or spending the summer at home, and the preparation of the food occupies a good deal of the time which we would otherwise enjoy spending in play or rest. Therefore, anything that will reduce the drudgery of cooking and preparing meals is of the greatest value to the camper.

We cannot carry to the camp all the little inventions and improvements of the kitchen, and so we must depend upon fixing things up, and improvising camp utilities when we arrive in the woods or at the seashore. Here are a few suggestions that will help the camper without in any way increasing the burden of additional luggage.

For packing your clothing and articles, therefore, before you leave home, purchase a stout sugar barrel; a big tin pail, with a diameter of approximately two feet at the mouth; two tubs, one with a diameter of a foot and the other of two feet; a gallon or two gallon water bottle; a piece of sheet iron cut to fit in the tin water pail, and a small roll of sheet asbestos. You are ready then, when you unpack the barrel, tubs and tin pail, for utilizing all of these articles in the best way.

The drinking water near your camp is very apt to be muddy and dirty, and it will need filtering. Take your two-gallon water bottle, and with a glass cutter, which costs only ten cents, cut a fine line around the lower part of the base and with a tap, knock off the bottom. Invert the bottle in a pail, as shown in the illustration, and stuff the neck with cheese cloth or cotton. Then put in a layer of charcoal, and another of fine sand which you can gather somewhere near the camp. Your filter is then all ready for use. Pour the dirty water in the top of the filter, and it will slowly trickle down into the water pail free of all sediment. By

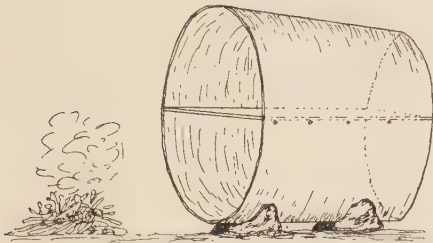


CAMP FILTER

renewing the sand and charcoal frequently you can always depend upon clean drinking water.

Cooking over a camp fire is slow and hard work, but with an improvised Dutch oven you can relieve yourself of much of

this drudgery and keep the cinders and dirt from your food. Take the big tin pail, and punch holes down the center of the two sides, and run stout wire through, bending the ends to hold them in place. Put your sheet of iron on top of this wire support, running it back to the bottom of the pail. Make a foundation for the pail, so that when lying on its side it cannot roll. The food that is to be cooked is placed on the sheet iron plate, and the camp fire built a foot or two in front. The pail must be of



CAMP DUTCH OVEN

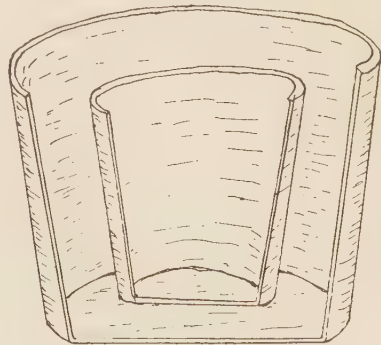
bright tin, for the cooking is by indirect radiation. The flames from the fire heat up the interior of the pail, and within a very short time it is hot enough for cooking anything from bread and biscuits to meat and cake. The reflection from the circular oven of tin soon produces a steady intense heat, and the articles of food are cooked evenly on all sides. No cinders, smoke or dirt get in the food, if you place the oven so the wind does not blow directly toward it. This is an improvised Dutch oven, and works satisfactorily. The Dutch used to cook their food in this way, using the open fire on the hearth for heating it. It is much easier to do it in the camp than in the home.

But to lessen the discomfort of cooking still further you have brought along the necessary materials for improvising a fireless cooker. Take the larger of the two tubs and line it with the sheet asbestos. Place two or three inches of sawdust in the bottom, and lay a piece of asbestos on top. Then place your smaller tub in the larger one after having

lined it with asbestos inside. Now fill up the space between the two tubs with sawdust, packing it down firmly.

This inner tub is large enough to receive a tin pail or kettle containing the food. It may be soup, meat or other food. It is partly cooked before the camp fire, and then placed in the fireless cooker. A plain wooden top lined inside with asbestos is first put on the inside tub. Then another that fits the larger tub is put in its place. The space between covers is packed with newspapers so that the heat inside will be retained. Food placed in this improvised fireless cooker will slowly simmer, and, when you come back from your swim or row at dinner time, it will be ready for use. Meanwhile, the Dutch oven can be used for heating up or cooking additional articles. The coffee pot, and receptacles with vegetables, can be shoved in the oven, and left there without watching.

Finally, the barrel in which the articles were shipped to the camp is taken apart by removing the bands carefully so as not to split the staves. These staves you convert into the foundation of a very



CAMP FIRELESS COOKER

comfortable hammock to be strung between two trees. You will need a bit and augur to do this properly, and they should be included in the implements shipped to the camp.

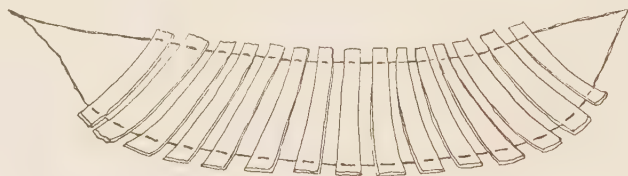
Four inches from the end of each barrel stave bore two one-quarter inch holes as shown in the illustration. The

holes should be parallel, and as far apart as the width of the staves will permit without weakening them. When they are all bored, take some good stout hammock cord or heavy fish line, at least one-eighth of an inch thick, and begin stringing it through the holes. Knots will have to be tied at each stave to keep them from slipping out of position. The staves should be strung so there is a space of two inches or more between them. When the cord is strung through the holes on either end, they are tied to form a loop. The main cord of the hammock is fastened at the point where the loops meet. The hammock is then ready for putting up.

The barrel staves are a little hard for sleeping or resting on, but this can be

overcome by using blankets, cushions or even a mattress stuffed with green leaves. The fine spruce or pine needles make an ideal filling for such a hammock mattress.

Not all the comforts of home, perhaps will be furnished by these few camp utilities, but they will go so far toward relieving you of the little drudgeries that they will be unanimously voted a great success. The cost is so slight that it hardly counts. The barrel, tubs and big pail can all be utilized for packing boxes to ship the goods to the camp, and their first cost should thus be charged against the packing and shipping expense. The cord for the hammock, the sheet iron, and the asbestos will practically be the only items that can be charged to camp luxuries.



CAMP BARREL-STAVE HAMMOCK

The Cookery of Rice

By J. M. H.

RICE contains in 100 parts: 8.0 protein, .4 ash, .3 fat, 79.0 carbohydrates, 12.3 water.

Rice will absorb in cooking from two and a half to four times its bulk of liquid. The quantity depends on the age of the rice (dryness) and the kind of liquid. More milk, broth or tomato purée will be absorbed than water.

Rice is deficient in protein, fat and flavor; to make a dish of rice in itself a well-balanced meal, protein, fat and flavor must be added. For protein, add milk, cheese, eggs, left-over bits of sausage, dried beef, ham, tongue or chicken livers; for fat, add clarified

chicken or bacon fat, vegetable oil or beef marrow; for flavor, use mushrooms, (fresh or dried), tomatoes, green or red peppers, paprika, onion, parsley or broth made of left-over fowl, beef, veal, lamb or meat extract. Peanut butter adds protein, fat and flavor. For sweet dishes, combine rice with milk, eggs, canned and preserved fruits, fruit jelly, marmalade or sugar.

To Blanch or Clean Rice for Cooking

Set the rice in, at least, four times its bulk of cold water over a quick fire, and let heat quickly to the boiling point,

stirring meanwhile with a fork. Let boil rapidly two minutes, drain and rinse in cold water on a sieve. Then set to cook in boiling liquid.

How to Boil Rice Served as a Vegetable

When properly boiled, rice should be snowy white, perfectly dry and smooth, and every grain separate and distinct. To attain this end, put a quart of water on the fire and let it boil, with a teaspoonful of salt. Blanch a cup of rice in cold water. When the salted water commences to boil, add the rice. Stir occasionally and gently with a wooden spoon. The boiling water will toss the grains of rice, and prevent them from clinging together. As soon as the grains commence to soften, do not, under any circumstances, stir or touch the rice again. Let it continue to boil rapidly for about twenty minutes, or until the grains begin to swell and thicken. This is easily ascertained by touching one of the grains with the finger. When it has reached this stage, take the cover off, pour off the water and set the pot in the oven, so that the rice may swell. Let it stand in the oven about ten minutes. Do not let it brown, but simply dry. Serve, plain or with fine chopped parsley, with meats or fish.

Swiss Rice

Chop fine an onion of medium size and two ounces of beef marrow; heat a tablespoonful of fat in a saucepan, and in it cook the onion and marrow until of a light golden color, stirring constantly meanwhile. Add four ounces (half a cup) of blanched rice and stir until colored slightly, then pour on gradually two cups of hot broth. Season with half a teaspoonful of paprika. Mix all together thoroughly, cover and let cook thirty-five minutes in a double boiler or on an asbestos mat. Add two ounces of grated Swiss cheese, and mix lightly. Serve in a deep dish.

Savory Rice with Sausage (left-over)

Blanch half a cup of rice. Heat two tablespoonfuls of vegetable oil or clarified chicken fat, in the upper part of a double boiler; set the dish directly over the fire and in it stir and cook a small onion, cut in shreds; stir and let cook until the onion is slightly yellowed, then add the rice. Stir and cook until the rice has taken up the fat, then add two cups of hot broth, half a teaspoonful of salt and a dash of paprika and let cook over hot water until the rice is tender. More broth may be needed. Have ready two or three cooked sausage links (left over from a previous meal); remove the outside skin and cut in thin even slices; sprinkle these over the rice and lift the rice gently with two forks to mix the slices evenly through the rice. Serve very hot.

Turkish Pilaf

Blanch half a cup of rice; let cook in one cup, each, of broth and tomato purée (cooked tomatoes pressed through a sieve) seasoned with half a teaspoonful, each, of salt and paprika until nearly tender; add one-fourth a cup of vegetable oil or clarified fat, and finish cooking.

Rice with Cheese Sauce

Blanch half a cup of rice; add one cup of boiling water (or broth from left over meat flavored with celery, onion and parsley), half a cup of tomato purée and half a teaspoonful of salt. Let cook until the rice is tender and the liquid is absorbed. For the sauce, cook two tablespoonfuls of flour in two tablespoonfuls of hot chicken fat or vegetable oil; add one-fourth a teaspoonful, each, of salt and pepper and one cup of skimmed milk and let cook until boiling. Add half a cup of grated cheese, and, when melted, serve with the rice as the main dish at luncheon or supper.

Rice Omelet

Put one tablespoonful of fat into a hot omelet pan, allowing it to spread over the surface. Beat the white and yolk of an egg, separately, until very light. To the yolk add one tablespoonful of milk, one-half a teaspoonful of salt and one cup of boiled rice; mix thoroughly, then fold in the egg-white, and pour into the omelet pan. Let cook in a moderate oven until "set" throughout; fold and turn upon a hot platter. For a more hearty dish, use two eggs.

Curried Rice

Blanch half a cup of rice; add one cup and a half of boiling water or broth and half a teaspoonful of salt; cover the whole close, and let cook directly over the fire until the liquid is nearly absorbed, then add two tablespoonfuls of oleomargarine, creamed and mixed with one teaspoonful of curry powder. With two forks lift the rice, to mix the curry and oleomargarine evenly through it. Cover again and draw to a cooler part of the range to finish cooking. If desired, cook a peeled onion in the rice and remove before serving.

Rice with Cabbage and Cheese

Cut two or three slices of bacon into small squares; add a cup of chopped cabbage, cover, and let steam half an hour over a slack fire. To the bacon and cabbage, add half a cup of blanched rice, half a teaspoonful of salt, half a teaspoonful of paprika and two cups of hot broth or boiling water; let cook until the rice is tender, adding more liquid as needed. Turn into a hot serving dish, set a tablespoonful of oleomargarine in the centre and sprinkle generously with grated cheese.

Plain Rice Croquettes, Cheese Sauce

Blanch one cup of rice. Add four cups

of milk and three-fourths a teaspoonful of salt and let cook until the rice is tender and the milk is absorbed. Have ready a cup or more of sifted bread crumbs, from the center of a loaf of bread that has been baked twenty-four hours; also an egg beaten with three tablespoonfuls of milk. Take the rice in rounding tablespoonfuls, form into cylinder or triangle shapes, roll in the crumbs, then pour on the egg to cover completely and again roll in the crumbs. Fry in deep fat and drain on soft paper. Serve with cheese sauce and tomato-and-lettuce salad.

Cheese Sauce

Make a cup of white sauce with two tablespoonfuls, each, of butter and flour, one-fourth a teaspoonful, each, of salt and pepper and one cup of milk, then stir in from one-half to a whole cup of grated cheese with salt and pepper as needed.

Rice Cakes, Honey Syrup

Blanch three-fourths a cup of rice; let cook undisturbed, in a double boiler, in three cups of hot milk until the rice is tender and the milk is absorbed. Add half a teaspoonful of salt when half cooked. Turn the rice on a shallow dish. When cooled enough to handle, shape into round, flat cakes, three-fourths an inch thick and pat them in flour on each side; sauté in hot fat (salt pork fat is good) until browned on one side, then turn and brown the other side. Serve, at breakfast or supper, with molasses, sugar or honey syrup. Molasses is particularly good for children as it contains a generous allowance of the mineral matters found in the sugar cane.

Honey Syrup

Melt two cups of granulated sugar in one cup of boiling water, cover and let boil two minutes; uncover and boil five minutes; add four tablespoonfuls of strained honey. Serve cold.

Good and Bad Food Combinations

By Mary E. Stickney

MAN is permitted the widest range in his choice of diet, but if he would eat for health and efficiency, he must observe certain fixed laws. He must have his due share of the growth and repair foods, the proteins; there must be the proper proportions of the carbohydrates, heat and energy producers; likewise his system demands the fats and oils, heat and energy storers; while, with all these must be blended such mineral matters as are necessary for repair of bones and teeth, these last mostly contributed by fruits and vegetables. And not only does the body demand all these elements, but for perfect health they must be turned into the stomach in the right chemical combinations. And since the health and efficiency of her family so directly depend upon what they eat, no study is better worth the housewife's attention than the art of producing harmony in her menus.

Not only should a woman understand cookery and consider calories, but chemical laws should never be forgotten. One might as reasonably expect the lion and lamb to lie down together as to put warring food elements in the stomach and look for the blessing of peace. People often speak of this or that food as having disagreed with them, when the trouble all lies in the fact that the viands eaten have disagreed with one another. As a rule, the simpler the meal the better it is for health. A few dishes, each perfect of its kind and all in harmony, are far better than the serving of many courses, with the menace of a redundancy of good things. The mixture of any considerable number of viands in the stomach, even though they may not be chemically antagonistic, is bound to overtax the digestive organs and so make for fermentation, poisoning

rather than nourishing the system. The feast is worse than a fast, if it tempts appetite beyond the legitimate needs of the body, or if it brings together elements the digestive organs are unable to cope with. Many people believe that merely to drop meat from the dietary marks a short cut to health and righteousness as well, but it can be safely asserted that even vegetarians are not immune from what has been aptly termed "the remorse of a guilty stomach." Indeed, the meatless menu, that is an unconsidered mixture of vegetables and fruits, sugar, milk and starches, may be even more of a trouble breeder than the meal of fish, flesh or fowl. It is not so much what one eats, as in what amount and in what combinations it is eaten, and there are countless viands, each good in itself, which put together may be fairly poisonous. Flatulency, sour stomach, and all the varied forms of dyspepsia count as but the least of the troubles which may develop from forcing upon the digestive organs impossible burdens.

In Farmer's Bulletin No. 142, U. S. Department of Agriculture, W. O. Atwater, Ph.D., has this to say: "How much harm is done by injurious compounds sometimes formed from ordinary wholesome foods is seldom realized. Physiological chemistry is revealing the fact that these compounds may even affect the brain and nerves, and that some forms of insanity are caused by the abnormal transformations of food and body material."

Many a fond mother, praying to heaven for the health and happiness of her child, is at the same time taking the issue out of God's hands, as it were, in an unthinking indulgence which permits the child to sow seeds of ill-health, with the misery and life failure which must

(Continued on page 146)

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OF

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Hidden

I cannot see the mountains,
For the valley is filled with mist.
The pines and the winds are silent,
And even the waves are whist.
From far-off Eastern fountains,
The Carmel gathers its rills,
And pours its bounty westward,
Between its sheltering hills.
But the sun is above the mountains,
Above the mist and the sea,
And God is above the shadows,
That hide His meanings from me.

—Emeline Harrington.

WE'RE ALL IN THE SAME BOAT

OUR first military need in this crisis is an adequate food-supply. European nations have learned by bitter experience that the cutting down of the cost of food to the consumer, below a paying price to the farmer, means nothing less than sawing off the limb on which both consumer and producer are sitting.

The consumer must be made to understand that, unless he pays fair prices, the farmer can not and will not sow. And the farmer must be made to realize that, unless he sows, the city consumer can not live to do his part for the national defense. We are all in the same boat, those who buy food and those who grow or raise it. If anyone scuttles it, we shall all sink.

The nation needs food, needs it for our civilian population, for the neutral countries, for our soldiers, and for the soldiers of our allies who daily are dying by the thousands, fighting our battles. The experience of other nations indicates that to get food it may become necessary to guarantee to the producer a price high enough to repay him for his labor and expense, plus a reasonable profit. The next thing is to market it at the smallest possible advance over its cost on the farm. The third step is to conserve our food products, to eliminate over-eating, unintelligent eating, and all other forms of waste.

When there is too little food, the nation must go hungry. When there is enough food, but no efficient system of marketing it, again the nation goes hungry, while crops rot on the ground. Even when there is enough food and it is efficiently distributed, the nation may go hungry tomorrow, if its people gorge and waste today.

From the standpoint of both the consumer and the farmer, the government should not be without power to guarantee the producer that for his wheat and for his corn, for, at least, his

non-perishable crops, he should be certain of paying prices. If the emergency demands it, this power should be exercised, in order to protect the consumer by insuring the production of food and the farmer by insuring a return for his investment and his labor.

But the government must also eliminate those middlemen standing between the farmer and the consumer who corner food-products and practice extortion. The government is already doing everything possible to bring the producer and the consumer together for their mutual benefit. The government does not propose, so far as the power within it lies, to permit one dollar to go to any man who fails to perform a definite social service.

No suggestion has ever been made to impose prices lower than the prices received by farmers for foodstuffs during the past year. Rather the reverse. If the government had the power to fix a maximum price, it would use this power as a club, to be applied only in individual cases where it was clear that an individual or a corporation had cornered foodstuffs or was practicing extortion. After each particular abuse had been controlled by the exercise of this power, the incident would be closed. Any further exercise of such power would depend upon the appearance of another similar concrete condition. Such maximum price-fixing power would not hurt the farmer nor anyone else except the disloyal manipulator of foodstuffs.

If the executive has adequate power, it is believed that he will be able to keep the prices of food staples from being artificially raised by speculators and gamblers, without having recourse to the additional power to establish maximum rates. In asking Congress to confer such power, the purpose was to use it only as a last resort.

In order to win this war, the government and the people — the producer, distributor, and consumer alike — must pull together. Any citizen, or group

of citizens, who pulls in the wrong direction, is pulling away from victory. The consumer should help to see to it that the farmer gets reasonable prices for his products. The farmer likewise should throw his influence into the scale and help the government to protect the consumer from the extortion of unscrupulous and disloyal food speculators and food cornerers.—CARL VROOMAN, *Assistant Secretary of Agriculture*.

SUFFICIENT UNTO THE DAY

THE present issue of this Magazine is filled with timely matter of especial interest to housekeepers. Beginning with this number, *AMERICAN COOKERY* will continue to carry articles contributed directly from the Secretary of the United States Department of Agriculture, as well as articles especially inspired by the urgent demand for conservation of food in America. The food problem is now uppermost in significance and bearing on the future destinies of nations; our readers and countrywomen are concerned in it as never before. We propose to set before them, monthly, the latest and best that are being done along this line, free from fad and fancy, and make *AMERICAN COOKERY* an authoritative and sure guide for housekeepers in all matters that pertain to food, its conservation and manipulation in the homes of America. Health, efficiency, the complete elimination of wastefulness, have become world-wide incentives in providing ways and means of living today.

BEGIN NOW

CALORIES and vitamins are comparatively new terms to readers of culinary publications. Many people do not take kindly to strange innovations, as the fact, that outside of the laboratory, the centigrade thermometer and the metric system of weights and measures has not been extensively adopted and used in America, would seem to indicate. In time, however, all these things may

become as familiar to us as are yards and pounds in measurement.

Excess in eating and drinking, with its accompanying ill effects, is now pretty generally understood. To wastefulness and its consequences, as a people, we have thus far given very little attention. Forced by unexpected and extraordinary conditions, we may now begin to cultivate thrift and economy in our house-keeping. Why not begin, at once, to learn something of protein, carbohydrate, fat, etc., in relation to foodstuffs, — of the proper combination of these substances in the diet of child and adult, in order to produce the best results, and, at the same time, to let nothing be wasted? A little study daily, a little observation and practice, and these terms will become plain and simple and the whole subject of food and feeding be made comprehensive and intelligible. You look at food products and see, at a glance, the substances that predominate in each and the object for which each is to be bought and dispensed. We can do well only what we are interested in and on which we concentrate thought and attention enough to master the situation. Why not begin a new study of food and feeding today?

MONEY alone cannot buy health, happiness, friendship, or a quiet mind. To many a rich man his money is as useless as was his gold to Robinson Crusoe in his solitary life on the island. But money, honestly earned and well bestowed, can work miracles. By the magic of commercial methods it can be transformed into every form of service. It can flow along an electric wire, or fly through the air without a wire, and reappear in the most distant part of the globe — as a missionary in Borneo, food for the starving millions in Armenia and Belgium, or needed help to a Russian patriot returning from exile in Siberia. Without money, we return to barbarism, with it, we sustain all the institutions which assist

and maintain the mental, moral, religious, and civil institutions which make for civilization and progress."

—*The Christian Register.*

American Cookery

A magazine that's very nice,
M—any times over worth the price,
E—ach article contained therein,
R—ight good it is — my thanks does win.
I read each page with interest,
C—ooking recipes I like best,
A—nd try them too, you may be sure,
N—ew ones do have for me a lure.

C—heerfulness in our home does reign,
O—h! To me it is very plain
O—pinions of it are the best,
K—now that it passes every test.
E—very woman sings high its praise,
R—eads it through for its valued ways.
Y—ou will find that much help it will give.
May **AMERICAN COOKERY** long live!

—*Mrs. Grace E. Willey.*

A Dietcessional

Sound common sense, so scorned of man,
Probing the far-flung diet list
To find how man's brief life-lease can
Of five score years or more consist.
Sound common sense! Our reason whet,
Lest we regret! Lest we regret!

Teach us to fully understand
That fried and highly seasoned foods
Are always strictly contraband!
They meet not life's vicissitudes!
Sound common sense! Make this thy plea,
Consistency! Consistency!

Help us apply the **ACID TEST**
EFFICIENCY — since leucocytes
Can battle antibodies best
If we guard well our appetites!
Sound common sense! Be thou our spur!
Lest we should err! Lest we should err!

"Of more than three parts fat beware,
To one of proteid," thou dost say,
"And six of carbohydrate! Bear
This in mind each passing day!"
Sound common sense! Stay by our side,
Lest ill betide! Lest ill betide!

For rash is he who gormandizes
And measures not his daily rations;
And blest the man who equalizes
His meals by learned calculations!
LONG LIFE will be his recompense!
HAVE MERCY ON US! COMMON SENSE!

—*Caroline Louise Sumner.*



100 CALORIE PORTIONS OF FOOD

$\frac{1}{2}$ doughnut; $\frac{1}{2}$ cup grape juice; $2\frac{1}{4}$ cups string beans, in inch pieces; $\frac{5}{8}$ cup whole milk; 6 to 8 olives; 4 dates; 9 halves dried apricots; 4 onions (medium); 1 banana; 2 graham crackers; 4 soda crackers; 3-5 cup split peas.

Seasonable and Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

SUGGESTIONS FOR AUGUST AND SEPTEMBER

COOK most vegetables in rapid-boiling water; add salt for all vegetables, save those containing much woody fibre, as turnips and parsnips.

Let the cooking of vegetables be continuous until done; then at once remove from the water.

Soggy, water-soaked vegetables cannot be seasoned or dressed to cover up the defects of cooking.

Because vegetables are now plentiful, do not be wasteful in preparing them for cooking. Much of the valuable salts and other properties are found just underneath the skin of both apples and potatoes; acquire the habit of conserving all edible portions of each food product that comes to your hand.

Now is the season to begin the drying of celery leaves for use in the spring or at any time when fresh celery is not available. The dried leaves may be used to flavor any variety of soup or creamed dish; or, with a few slices of onion and sprigs of parsley, as the basis for cream-of-celery soup.

When making a stew, chowder, or soup, save time and fuel by preparing enough for at least two meals. Store what is not required for the first day in glass cans (as in all canning) and set aside in a cool place to use the following week. The precautions taken in all canning must be rigidly observed; i.e.: the jars and covers must be sterilized, the product must be at the boiling point when turned into the can and the jar, filled to overflow, must be sealed at once.

An occasional dish of well-prepared salt codfish is most wholesome. Creamed and enriched by one or two well-beaten eggs, added at the last, and eaten with a baked potato and a green salad, a meal for an epicure is provided. To have the fish at its best, shred and let stand overnight in cold water to cover, let heat in the same water until the water looks slightly milky, then drain. Add to the cream

sauce and fold in the beaten eggs. To heat the fish to the boiling point renders it tough and tasteless.

Rolls may be baked more quickly than bread in the loaf, thus saving fuel while giving variety to the service. To serve hot, reheat between two pans, tight-closed, or in a sealed paper bag, such as is used in paper-bag cookery.

A small jar of beef extract, kept carefully covered in the refrigerator, is useful occasionally, in adding meat flavor to a vegetable or cereal dish.

Keep in mind that one-fourth a pound of meat (edible portion) a day (about 200 calories) is a fair average of meat for an adult, if, in some form, a glass of milk, an egg, a little cheese or beans, be provided, with the usual quantity of bread, cereals, fruit and green vegetables.

No sound "left-over" is so small in quantity that it may not be used to advantage in preparing the meals. One-fourth a cup of chicken, ham or veal will be an improvement to the scrambled eggs or omelet prepared for breakfast, or the rice or hominy served at dinner. The platter gravy improves the sauce served with cold meat. A single saucer of berries, scalded while sound, will give flavor to an inexpensive pudding sauce. Don't complain about your lack of food supplies, but allow your family to complain, if you can find no ways of using *all* that you have to the last fragment.

Lemons are high in price during July and August. In tea-rooms or places where lemon sherbet is in demand these months, lemon juice may be canned earlier in the season when lemons are twenty cents a dozen. The jars should be sterilized and the juice heated in a double boiler, i.e., just below the boiling point. Or jars may be filled with the cold juice and set into the steamer or canner for sterilization.

Late peas, too hard for serving plain, may be boiled until tender, pressed through a sieve, to exclude the hulls, and the pulp canned in the same manner as squash. This is particularly good for cream-of-pea soup.

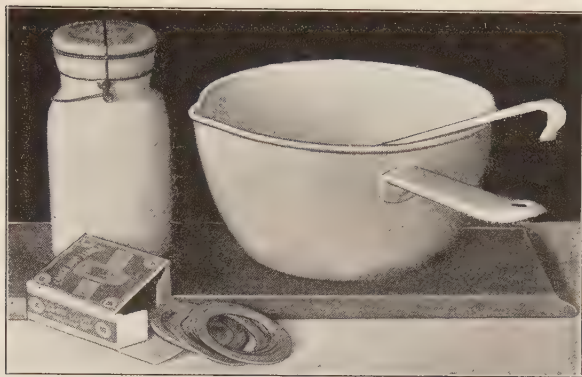
Simplest and Best Way to Serve Canteloupes

CHILL the melons on ice; cut in halves and remove the seeds without taking the delicate, best-flavored

pulp near the seeds. Set a bed of crushed ice on individual plates and dispose the half-melons on the ice. The flavor of the melon is retained better when the ice is packed around the melon rather than set inside.



MATERIALS FOR FRESH HADDOCK CHOWDER



FISH CHOWDER, CANNED, IN OPEN KETTLE

Cream of Corn Soup, St. Germain

(To serve four)

Score the kernels in each row of corn with a sharp knife, then with the back of the knife press out all the pulp possible. To one-third a cup of this pulp, add one egg and the yolk of another, beaten without separating the white and yolks, one-fourth a teaspoonful, each, of salt and black pepper, and six tablespoonfuls of thin cream or rich milk. Mix thoroughly and turn into four buttered timbale molds. Set to cook on several folds of paper in a dish of boiling water. Cook in the oven and do not allow the water to boil. When firm and the soup is ready, serve an unmolded timbale in each plate of soup. To make the soup, cook half an onion, sliced fine, and two branches of parsley in two tablespoonfuls of butter, until softened and yellowed; add one cup of corn pulp and a pint of boiling water or broth made from the remnants of a roast fowl, and let simmer twenty minutes. Press through a fine sieve. Melt two tablespoonfuls of butter; in it cook two tablespoonfuls of flour and half a teaspoonful of salt; add one cup and a fourth of milk and stir until boiling; add the corn and broth with one-fourth a cup of cream. Serve hot.

Fresh Fish Chowder

For about two quarts of chowder,

take a fish weighing between four and five pounds, a thin slice of fat salt pork, two medium onions, sliced very thin, six medium potatoes, cut in slices, and three cups of milk. Put the head of the fish into a saucepan; add the skin pulled from the flesh; cut the flesh from the bones in two-inch pieces and remove any bits of flesh still left on the bones; add them to the pieces of fish, and put the bones with the skin and head; cover the head, bones and skin with cold water, heat slowly to the boiling point and let simmer twenty minutes. Cut the pork in bits; add the onion and let cook until the onions are softened and yellowed and the fat is extracted from the pork; add a little of the broth from the fish bones, etc. and let simmer ten minutes. Cover the potatoes with boiling water; let simmer five minutes, then drain, rinse in cold water and drain again; over the potatoes strain the broth from the bones and from the onion, pressing out all the liquid possible. Let cook six minutes; add the fish and let simmer until the potatoes are done; add two teaspoonfuls of salt, half a teaspoonful of pepper and the milk made hot in a double boiler. Let heat to the boiling point. Have ready a quart jar sterilized in boiling water; pour out the water and fill to overflow with the chowder; adjust a rubber ring, dipped in boiling water, set the cover, taken from boiling water, in place. Clamp secure and, when cold,

set aside in the refrigerator for future use. Serve the rest at once.

Baltimore Samp, Au Gratin

Pour boiling water over a cup of samp; drain and set over the fire with a fresh supply of boiling water. Let heat to the boiling point, and boil about fifteen minutes, then cover and set on an asbestos mat to cook very slowly all day. Set aside to use as needed. For samp au gratin, make a cup of white sauce of two tablespoonfuls, each, of butter and flour, one-fourth a teaspoonful, each, of salt and paprika, and one cup of milk. Into this stir one cup and

one-fourth of the cooked samp and half a cup (or more) of grated cheese. Turn into a buttered baking dish and spread over the top one-third a cup of cracker crumbs mixed with two tablespoonfuls of melted butter. Let cook in the oven until the dish is hot throughout and the crumbs are browned. This will serve four or five persons. It may be used as the main dish at luncheon or supper or to piece out a dinner lacking somewhat in protein (meat or its equivalent).

Baltimore Samp Croquettes

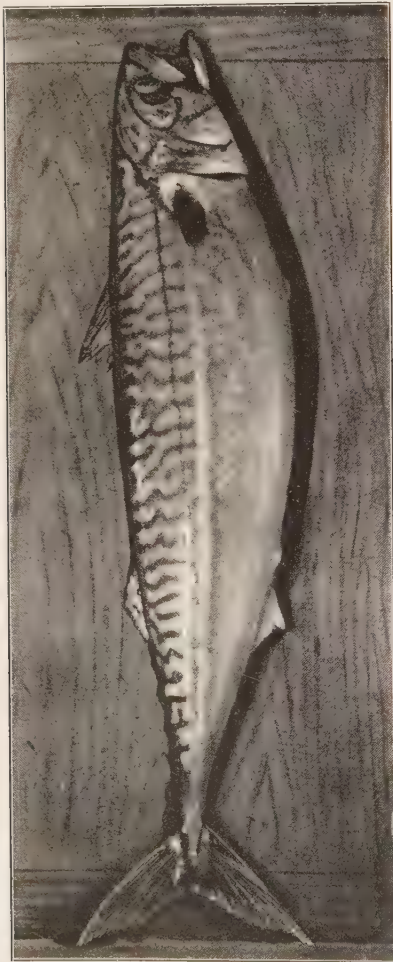
Use three tablespoonfuls of flour in making a cup of white sauce, and stir in the samp as in preceding recipe. Let the mixture chill, then form into croquette shapes. Egg-and-bread crumb the croquettes and fry in deep fat. Serve with a cup of hot white sauce, into which half a cup or more of grated cheese has been stirred. Or, follow the recipe for Samp au gratin (using three tablespoonfuls of flour in the sauce) and serve without a sauce. Provide at the same time, either a green salad or stewed fruit.

Rice-and-Cornmeal Spoon Bread

Blanch half a cup of rice; add two cups of boiling water and half a teaspoonful of salt and let cook, stirring occasionally five or six minutes, then let cook over boiling water until tender. Add three tablespoonfuls of butter, three eggs beaten light, three-fourths a cup of milk and one cup and a half of cornmeal sifted with two teaspoonfuls of baking powder. Mix thoroughly and bake in a buttered baking dish about forty-five minutes. Serve from the baking dish with a spoon. Eat with butter, platter gravy or brown sauce made after roasting meat. Spoon bread may also be served with hard sauce or sugar and cream as a dessert dish.

Delicate Cornmeal Griddle Cakes

Stir half a cup of cornmeal and half a

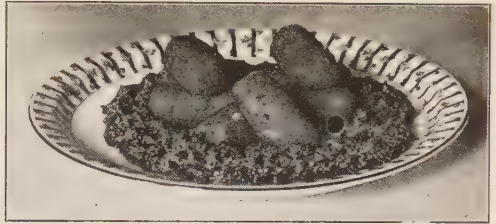


MACKEREL, COOK BY BROILING OR BAKING

teaspoonful of salt with half a cup of cold water, then gradually stir into a cup and a half of water, boiling over a quick fire; continue to stir and boil five or six minutes, then let cook in a double boiler twenty minutes; stir in three-fourths a cup of cold milk and turn into a mixing bowl; add the beaten yolks of two eggs, one tablespoonful of butter, one cup of flour, sifted again with three level teaspoonfuls of baking powder, and the whites of eggs, beaten stiff. Bake at once on a hot griddle. The recipe makes between thirty and forty small cakes.

Egg Croquettes, with Spinach

Pour boiling water over four eggs, cover and let stand on the range where the water will keep hot, without boiling, twenty minutes; heat to the boiling point and let boil one minute. Cover with cold water and remove the shells; cut the eggs into half-inch cubes. Melt three tablespoonfuls of butter; in it cook three tablespoonfuls of flour, one-fourth a teaspoonful, each, of salt and black pepper and a teaspoonful, each, of scraped onion pulp and fine-chopped parsley; add one cup of rich milk and stir until boiling; add the cubes of egg; mix lightly and turn upon a buttered plate. When cold, shape into from four to six croquettes, roll in sifted soft bread crumbs, cover with a beaten egg diluted with three tablespoonfuls of milk and again roll in crumbs; fry in deep fat to a golden color. Dispose on a hot serving dish and surround with a



EGG CROQUETTES, WITH SPINACH

ring of hot, cooked-and-chopped spinach into which a few spoonfuls of cream or Bechamel sauce have been stirred. Grated cheese may be stirred into the sauce before the cubes of egg are added, to increase the food value of the dish.

Baked Bean Timbales

Press one cup of Boston baked beans through a purée sieve; add half a cup of sifted, soft, bread crumbs, one teaspoonful of scraped onion pulp, one teaspoonful of fine-chopped parsley, half a teaspoonful of paprika, six tablespoonfuls of tomato purée, one tablespoonful of tomato catsup and two eggs beaten until well mixed. Mix all together thoroughly and turn into buttered timbale molds (a single pint mold may be used); let bake standing on many folds of paper and surrounded by boiling water until firm in the center. Serve, turned from the molds, with tomato sauce.

Wheat-and-Corn Bread

1½ cups cornmeal
1½ cups cold milk
2 cups boiling water
1 teaspoonful salt
2 tablespoonfuls shortening

½ to 1 whole cake compressed yeast
¼ cup lukewarm water or milk
3 tablespoonfuls sugar
5½ cups wheat flour (about)



BAKED BEAN TIMBALES

Mix the cornmeal with the cold water and gradually stir into the boiling water and salt; continue to stir directly over the fire while the mixture boils five minutes, then let cook over boiling water twenty minutes. Turn into the bread bowl, add the shortening, and when cooled to a lukewarm temperature, add the yeast, mixed with the lukewarm water, the sugar and flour and mix to a dough. Knead until smooth and elastic. Cover and set aside until doubled in bulk, then shape for two brick-loaf pans. When again light, bake about one hour.

Squash Biscuit

Soften one-third a cake of compressed yeast in half a cup of lukewarm water and mix thoroughly. To half a cup of

tablespoonfuls of cornstarch. To the cornmeal and the cornstarch add half a teaspoonful, each, of salt and paprika and enough of the milk to mix the whole to a smooth consistency. Scald the rest of the milk in a double boiler, then stir in the other ingredients. Continue to stir until the mixture thickens a little, then cover and let cook half an hour, stirring occasionally. Longer cooking will do no harm. Beat two tablespoonfuls of butter to a cream; gradually beat in the beaten yolks of two eggs and beat into the hot mixture. Beat in half a cup or more of grated cheese. Cover and let cook until the cheese melts and the mixture puffs a little, then spread in a buttered dish to make a layer half an inch thick. When cold, cut in



GNOCCHI, À LA ROMAINE

scalded-and-cooled milk, add half a cup of cooked squash pressed through a ricer, one-fourth a cup of brown sugar, half a teaspoonful of salt, one-fourth a cup of melted shortening, about three cups of bread flour and the yeast. Mix all together to a soft dough. More flour may be required in kneading. Knead about ten minutes, keeping the dough as soft as possible. Cover and let stand overnight to double in bulk. With buttered fingers, pull off pieces of dough of the same size and work them, one by one, into balls. Set them in a baking pan, and when again nearly doubled in bulk bake about half an hour.

Gnocchi à la Romaine

Measure out two cups of milk, three tablespoonfuls of corn-meal and four

squares or rounds and set in a buttered baking dish suitable for the table, sprinkle with grated cheese, then set other squares or rounds above and sprinkle these with grated cheese. Set into a hot oven to melt the cheese and make the whole very hot. Serve in the baking dish.

Cheese Soufflé

Melt two tablespoonfuls of butter; in it cook two tablespoonfuls of flour and one-fourth a teaspoonful, each, of salt, soda and paprika; add half a cup of milk and stir until boiling; in this melt one cup (four ounces) of grated cheese; beat in the yolks of three eggs beaten very light and fold in the whites of three eggs beaten firm. Bake in a buttered baking dish about twenty-five minutes. The dish should stand on



SLICES OF EGG PLANT, DIPPED IN EGG AND CORNMEAL, SAUTÉ

many folds of paper and be surrounded with boiling water. Serve as the hearty dish at luncheon with stewed fruit or a green salad and bread in some form.

New Potatoes with Meat Gravy

Select small round potatoes; remove a very thin paring; dispose them in a casserole or a stewpan and season with salt and pepper; add three branches of parsley and an onion; pour on boiling hot broth just to cover the potatoes. Let the broth again become boiling hot, then set the dish into the oven and let the potatoes cook until tender, and the broth is nearly absorbed. Broth made from remnants of a roast or a teaspoonful of beef extract, dissolved in about a quart of boiling water, may be used.

Pear Jelly with Citron

This jelly may be made of any soft, well-flavored pears, but preferably take pieces of pear not well shaped enough to serve as whole or half pieces. Steam or stew the pears with the juice of a lemon until soft enough to press through a sieve. To a pint of this purée add half a cup of sugar and stir until boiling; add a tablespoonful and a half of gelatine

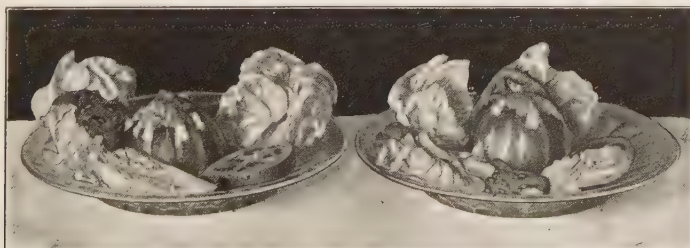
softened in half a cup of cold water and stir until dissolved: add half a cup of citron cut in thin slices and turn into a mold. Set aside in a cool place to become firm. Serve unmolded with or without cream.

Croutons of Cake with Bananas

Spread slices of stale cake with butter and let color slightly in the oven. For each slice of cake prepare a banana. Pull down a section of the skin, then loosen the pulp from the skin, scrape to remove coarse threads and return to the skin, pressing the section of skin removed back in place. Set the prepared bananas, side by side, in a baking pan and let stand in a hot oven until the pulp is softened and the skin blackened. Remove the bananas from the skin to the croutons of cake, letting them take the shape of a half circle. Turn over them currant jelly or Sultana sauce and serve at once.

Currant Jelly Sauce

Melt a glass of currant jelly in about a cup of boiling water; thicken with a teaspoonful of cornstarch smoothed in cold water or use without thickening.



EGGS, MOLDED IN ASPIC JELLY. (See page 148)



CROUTONS OF CAKE, WITH BANANAS, SULTANA SAUCE

Sultana Sauce

For four bananas allow one-third a cup of raisins; free the raisins of stems, cover with boiling water, skim from the water, and return to the fire in about a cup of boiling water. Let cook twenty minutes; stir in three teaspoonfuls of cornstarch mixed with one-fourth a teaspoonful of salt and one-third a cup of sugar and let simmer ten minutes.

Individual Baba with Fruit

Mix one cake of compressed yeast through one-fourth a cup of lukewarm water or milk. Sift two cups of bread flour into a bowl and mix enough of this flour into the yeast and water to make a dough. Knead the little ball of dough until smooth and elastic. Cut half through the dough in both directions, (+), and drop it into a bowl of lukewarm water. Set the dough out of drafts to become light. Butter one dozen small fluted molds and sprinkle the butter with chopped almonds. Cut in halves and seed half a cup of choice raisins. Cut enough candied or maraschino cherries in slices to make one-fourth a cup and

add one-fourth a cup of sliced citron. To the flour in the bowl, add two whole eggs, two tablespoonfuls of sugar, one-fourth a teaspoonful of salt, the grated rind of half a lemon or orange and half a cup and two tablespoonfuls of butter, softened but not melted. Beat with the hand all the ingredients in the bowl until smooth; break in two more eggs, one at a time, and continue the beating each time until the mixture is smooth. By this time the little ball of yeast dough should be floating on the water, a light puffy sponge; skim this to the egg-and-butter mixture without taking any more water than is necessary and again beat the mixture until very smooth; beat in the fruit and turn the mixture into the prepared molds. Let stand out of drafts until light and puffy. Bake about twenty minutes. Have ready two cups of sugar and one cup of water, boiled to a thin syrup; let cool a little and add one teaspoonful and a half of vanilla extract. When the baba are baked, invert them on a platter and, at once, pour over them the hot syrup. Baste them with the syrup until all is absorbed. Serve hot or cold.



INDIVIDUAL BABA, WITH FRUIT

Canned Cauliflower

Let the cauliflower stand an hour or longer, head downward, in cold, salted water; separate into flowerets, cover with boiling water and let boil five minutes after boiling begins; drain, rinse in cold water and drain again, then pack the flowerets in clean jars, putting in as many as possible without crushing them. Set the jars on the rack of a wash-boiler, steam cooker or canner, the covers beside them; fill the receptacle with lukewarm water as is needed, cover and let heat to the boiling point; fill the jars to overflow with boiling water; add a teaspoonful of salt to each quart jar, cover the receptacle and let cook about thirty minutes. Test the cauliflower with a fork and, if nearly tender, adjust the rubber rings, first dipped in boiling water, and the sterilized covers; partially tighten the jars, cover and let cook ten minutes, then remove and tighten the covers.

Canned Squash

Cut the squash in two or three pieces and discard the seeds. Cook by steaming in the shell, the edges of the shell turned downwards, that moisture may not settle into the pulp; or, cook in a saucepan in the same manner as in the steamer. When done, scrape the pulp from the shell, press it through a potato ricer and use to fill sterilized jars as solid as possible. Use a sterilized silver plated knife in packing the squash into the jars. Set the filled jars on a rack in a wash-boiler, steamer or canner, the lids beside them, cover the receptacles and let cook one hour; stir down or fill to overflow with boiling water as is necessary; adjust the rubber rings, first dipped in boiling water, set the sterilized covers in place, partially fasten them and let cook about twenty minutes. Then remove from the heat and seal.

Canned Pumpkin

Cut the pumpkins in pieces and

remove the seeds, coarse thread and skin. Cut the prepared pulp in two-inch squares. Cook in a steamer until tender; press through a ricer and finish in the same manner as the squash.

Canned Delicata

Cut the delicata in halves, and the halves in quarters. Remove seeds and skin and cut in long strips, nearly three-fourths an inch thick and wide. Let steam until nearly tender; rinse in cold water for ease in handling and use to fill the jars, keeping each piece whole. Pack as close as possible in the jars, but without injuring the shape. Strain into the jars enough of the water (at the boiling point), used in steaming the vegetable, to fill the jars to overflow; add a teaspoonful of salt to a quart jar, adjust the sterilized rubber ring and cover, partially tighten and let cook in steamer, wash-boiler or canner about fifteen minutes. Delicata is a variety of squash that is served on toast in the same manner as asparagus. It is also served in cream sauce, cooked au gratin (battered crumbs) with cheese sauce, etc.

Grape Juice Canned in Bottles

Any sort of bottles may be used that can be provided with new, well-fitting corks. Use grapes that are not over-ripe. Remove the grapes from the stems and let heat in a large double boiler or a saucepan set into hot water. The grapes should not be heated above 200 degrees Fahrenheit. Crush the grapes with a wooden pestle and let drain in a cloth into an earthen bowl, as when extracting juice for jelly. Let the juice stand overnight to settle; dip off carefully into sterilized bottles, filling each to overflow; set the bottles on a rack in the wash-boiler, steam cooker or canner, and surround with lukewarm water; cover and let heat until the water outside the bottles boils vigorously. Have ready new corks that have been standing half an hour in boiling water;

(Continued on page 140)

Well-Balanced Menus for Week in September

(TWO MEATLESS DAYS)

"To insure health cultivate a free use of milk, eggs, vegetables, and such cereal products and breadstuffs as contain, at least, a part of the outer layers as well as the inner portions of the grains."

SUNDAY	Breakfast Melons Eggs Scrambled with Chopped Ham Grilled Sweet Potatoes Delicate Cornmeal Griddle Cakes Coffee Cocoa	Breakfast Broiled Honeycomb Tripe Grilled Tomatoes (soft breadcrumbs) Dry Toast Delicate Cornmeal Griddle Cakes Coffee Cocoa	WEDNESDAY
	Dinner Smothered Chicken Currant Jelly Turkish Pilaf (unpolished rice) Corn Fritters Chinese Cabbage, French Dressing Peach Sherbet Coconut Jumbles	Luncheon Cream of Tomato Soup, Croutons Corn Boiled on the Cob Squash Biscuit Caramel Custard Oatmeal Wafers	
	Supper New Lima Beans, Stewed Wheat-and-Corn Yeast Bread Mustard Pickles Sliced Peaches Jumbles	Dinner Sword Fish Croquettes, Sauce Tartare Stewed Lima Beans (fresh) Boiled and Sliced Beets New Rye Bread and Butter Peach Dumpling, Cream, Sugar	
MONDAY	Breakfast Puffed Rice, Top Milk Thin Slices Fat Salt Pork, Floured and Fried Fried Potatoes Baked Apples Spider Corncake Coffee Cocoa	Breakfast Grapes Frizzled Dried Beef Fried Cornmeal Mush Dry Toast Coffee Cocoa	THURSDAY
	Luncheon Egg Croquettes with Spinach or Leaves of Swiss Chard Baking Powder Biscuit (Ryemeal and wheat flour) Apples Baked with Almonds, Thin Cream Plain Cake Tea	Luncheon Cream of Corn Soup, St. Germaine Bread and Butter Lettuce, Pear-and-Cream Cheese Salad, Tango Dressing Half Cups Coffee	
	Dinner Lamb Stew with Onions and Carrots Lettuce, French Dressing Cottage Pudding Blackberry Hard Sauce	Dinner Rump of Beef Roasted in Covered Casserole (no water, basted with fat) Brown Sauce Kohl Rabi Whole Small Potatoes Fried in Deep Fat Hearts of Celery Cornstarch Pudding, Sugar and Top Milk	
TUESDAY	Breakfast Cream of Wheat, Thin Cream Omelet with bits of chicken in sauce (chicken broth) Dry Toast Fried Apples Doughnuts Coffee Milk	Breakfast Corn Puffs, Thin Cream Salt Codfish, Creamed Baked Potatoes Sliced Tomatoes Ryemeal Muffins Coffee Cocoa	FRIDAY
	Luncheon Corn Custard Quick Yeast Rolls (graham) Boiled Cabbage Apple Pie Tea	Luncheon (Hot Day) Macedoine of Vegetables in Tomato Jelly Lettuce, French Dressing Pop Overs Nesnah Milk Sherbet Water Sponge Cake	
	Dinner Baked Sword Fish Scalloped Tomatoes Creamed Potatoes Cold Slaw Blackberry Shortcake	Dinner Salmon Heated in Can, Drawn Butter Sauce Boiled Potatoes Scalloped Tomatoes New Pickles Custard Soufflé Creamy Sauce	
SATURDAY	Breakfast Barley Crystals, Thin Cream Poached Eggs on Toast with Creamed Celery Green Corn Griddle Cakes Marmalade Coffee Cocoa	Luncheon Mayonnaise of Lettuce and Sliced Eggs Cornmeal and Wheat Bread Blackberry or Peach Shortcake Tea	Dinner Cold Rump of Beef Brown Sauce Baked Potatoes Boiled Cauliflower, Buttered Pickled Beets Berry Pie

Well-Balanced Menus for Girls' Camp

FIFTY TO SIXTY GIRLS IN CAMP

"A moderate excess of food is probably harmless, if not actually beneficial. It is not safe to sail too near the wind in matters of diet."

SUNDAY

Breakfast

Blueberries Cream of Wheat, Top Milk
Salt Codfish Balls
Radishes or Tomato Catsup
Breakfast Corncake Dry Toast
Cocoa Milk

Dinner

Fowl, Steamed, Browned in Oven
Hominy Balls
Cauliflower, Bechamel Sauce
Currant Jelly
Lettuce, French Dressing
Peach Ice Cream Hot Water Sponge Cake

Supper

Hot Gnocchi à la Romaine (with cornmeal)
Stewed Prunes
Whole Wheat Parker House Rolls
Cookies

MONDAY

Breakfast

Barley Crystals, Sliced Bananas, Top Milk
Hashed Chicken on Toast
Orange Marmalade Ryemeal Muffins
Cocoa Milk

Dinner

Chicken-and-Tomato Soup
Roast Leg of Lamb, Mint Jiffy-Jell
Potatoes Roasted with the Lamb
Bananas Baked in the Skin
Sultana Raisin Sauce
Summer Squash Celery
Blueberry Pie, Cottage Cheese

Supper

Cold Corned Beef, Sliced Thin
String Bean Salad
Rice and Cornmeal Spoon Bread
Sliced Peaches

TUESDAY

Breakfast

Puffed Wheat, Top Milk Berries
Eggs Shirred in Tomato Sauce
Popovers Dry Toast
Cocoa Milk

Dinner

Cream of Tomato Soup
Sword Fish, dipped in cornmeal, Sauté
Scalloped Potatoes
String Beans
Cucumbers, French Dressing
Rye Bread
Lemon Sherbet Oatmeal Cookies

Supper

Corned Beef-and-Potato Hash
Tomato Catsup
Graham Bread and Butter
Berries Chocolate Cake

SATURDAY

Breakfast

Baltimore Samp, Top Milk
Fresh Codfish-and-Potato Cakes
Bacon Pickled Beets
Coffee Rolls, (brioche) reheated
Cocoa Milk

Dinner

Forequarter Lamb, Boiled
Caper Sauce Boiled Potatoes
Sliced Egg Plant Fried in Batter
Creamed Kohl Rabi
Cottage Pudding

Supper

Boston Baked Beans
Boston Brown Bread with Raisins
Wholewheat Parker House Rolls
Mustard Pickles
Pineapple Orange Cookies

WEDNESDAY

Breakfast

Berries
Bacon, Baked Potatoes
Fried Cornmeal Mush
Maple Syrup
Cocoa Milk

Dinner

Lamb Rechaufée with Macaroni
and Tomatoes
New Beets, Buttered
Stewed Lima Beans
Tapioca Custard Pudding
Vanilla Sauce

Supper

Welsh Rabbit on Samp
Apple Sauce
Bermuda Ginger Snaps
Cocoa Milk

THURSDAY

Breakfast

Baked Apples
French Omelet
Quick Yeast Rolls (Ryemeal)
Doughnuts
Cocoa Milk

Dinner (Picnic)

Hot Broiled Lamb Chops
Hot Broiled Bacon Sandwiches
New Pickles Roasted Green Corn
Potato Salad Apple Turnovers
Belfast Cakes Cottage Cheese
Lemonade Hot Coffee

Supper

Shelled Beans, Stewed
Graham Bread and Butter
Sliced Peaches
Little Nut Cakes

FRIDAY

Breakfast

Plums
Creamed Finnan Haddie
Baked Potatoes
Breakfast Corncake
Dry Toast, Buttered
Cocoa Milk

Dinner

Boiled Fresh Codfish, Egg Sauce
Boiled Potatoes Scalloped Egg Plant
Cold Swiss Chard, French Dressing
Lemon or New Apple Pie
Young America Cheese

Supper

Green Corn Custard
Baking Powder Biscuit (part ryemeal)
String Bean Salad
Drop Cookies



A Food Catechism

By Janet M. Hill

** Note.* The questions marked with a * are the ones most necessary to consider.

Question. Why is food more important than clothing and shelter?

Answer. Without food, there would be nothing to clothe and shelter; with insufficient food, growth is stunted and the life processes are poorly carried on.

Question. Why is food so necessary to existence?

Answer. There is no life without motion and growth; every movement of the body, voluntary or involuntary calls for an expenditure of energy; food is the source of this energy. If no food be taken, energy for breathing and all other living processes will be taken from the tissues of the body until all are exhausted and life is extinct.

Question. Are there not hundreds of food products available for human needs?

Answer. There are a large number of articles used as food; some of these we use just as they occur in nature, as the roots of potatoes and beets, plant stalks as asparagus, and plant leaves as lettuce and cabbage; then there are manufactured products which include flour, meal, molasses and sugar. Also we use for food the flesh of animals and fish and animal products, as eggs, milk, cheese, etc.

Question. Can we not group these various food articles so that the study of them may be simplified?

Answer. Yes. By many experiments it has been found that everything we use as food, as well as our own bodies, are made up of about sixteen different elements, it has also been found that these elements do not necessarily exist singly, but grouped together to form five combinations. Thus when we learn of these five combinations we are learning of all food.

Question. Does each article of food contain some portion of all these five combinations?

Answer. No. Some articles of food are rich in one combination, while others are rich in another combination, and still others have a generous supply of two or more combinations. Milk contains some of all of these combinations and thus contains all the elements needed to sustain life and may be called a typical food.

*Question.** What are the names of these five combinations?

Answer. The names of these combinations which make up the sum total of all varieties of food are: protein, fat, carbohydrate, mineral matter, and water. To these combinations the name "foodstuffs" is given.

*Question.** Do food and foodstuffs mean the same thing?

Answer. No. Food is that which contains one or more of the substances or combinations known as foodstuffs.

*Question.** How may the foodstuffs be recognized?

Answer. We said that milk contained all the foodstuffs; let us find them. If milk stands a short time, cream rises to the top; if the cream be taken from the milk and stirred butter is formed. Butter is a form of *fat*. Fat is one of the foodstuffs.

If the milk stands a few days, it becomes firm or jelly-like, and in a short time a separation takes place, and we see a solid portion (curd) and a watery portion (whey). The curd is somewhat elastic, and would be more so if heated. This elasticity is one of the physical characteristics of protein, another of the foodstuffs. The chemist finds nitrogen in protein. Nitrogen is found in no other foodstuff and as nitrogen is found in every cell of the body, protein is an important foodstuff.

By chemical analysis, whey is found to be largely water. Water is another of the foodstuffs. As milk tastes sweet, we infer rightly when we say it contains sugar. Sugar and starch (which eventually becomes sugar) contain the element, carbon, and also hydrogen and oxygen in the proportions found in water and from this fact the name *carbohydrates* is evolved for this foodstuff. When the water from milk has been evaporated and the curd and sugar burned, ashes or ash constituents or mineral matters remain; some form of mineral matter remains after the burning of all food. Mineral matter is a fifth foodstuff.

*Question.** What foods are rich in protein?

Answer. Lean meat, fish, eggs, milk, cheese, grains, dried peas, beans, lentils, peanuts, almonds, filberts, walnuts and pecan nuts are rich in protein.

*Question.** In what foods does fat abound?

Answer. Cream, butter, fat of meat, olives, cottonseed, peanuts, cocoa beans and nuts are the principal sources of fat.

*Question.** What foods are rich in carbohydrate?

Answer. Sugar, which comes largely from sugar cane and beets; and is also found in the juices of sweet fruits and some vegetables, is a pure carbohydrate. From grains, potatoes, tapioca, rice, peas, beans, chestnuts and bananas we get starch, the most common form of carbohydrate.

*Question.** In what foods is water found in large proportion?

Answer. Water is found in almost all foods. All fruit and green vegetables, as cabbage, celery, lettuce, cucumbers, spinach, tomatoes, contain a very large proportion of water.

*Question.** In what foods are ash-constituents well represented?

Answer. Iron, calcium, potassium, sodium, phosphorus, sulphur, magnesium and chlorine and their compounds are the chemical elements known as ash-constituents. The best sources of *iron* are egg-yolks and spinach, though iron is found in other green vegetables. Milk is the best source for *calcium*; it may also be obtained from the grains if the outer coating be included. *Sulphur* is found in most protein foods. *Phosphorus* is found in egg-yolks and milk, and in simpler forms it appears in grains, fruit and vegetables. The other four elements are found in combination with the first four.

*Question.** Are there any other substances found in food of which knowledge is useful?

Answer. Yes, of late, chemists have isolated substances existing in minute quantities in some foods, and not in others, which exercise a marked influence on nutrition. Without them, growth is impossible for children or perfect health for adults. They are spoken of as *vitamines* or "accessory food substances."

These substances are present in uncooked foods (as uncooked milk and fruit) and whole grains. To insure their presence in food, one must not depend entirely on pasteurized milk, the whole of some grains must be eaten and food must be varied.

*Question.** Which are the fuel foodstuffs?

Answer. Protein, fat and carbohydrate contain the element, carbon,— the same carbon that makes coal and wood good fuel. These three foodstuffs thus supply the fuel for the human machine, and are known as fuel foodstuffs.

Question. Are these fuel foods actually burned in the body?

Answer. If an ounce of sugar be burned on a dish it gives off a certain amount of heat. If an ounce of sugar is eaten and assimilated in the body it gives off heat in the same manner as when burned on the dish and very nearly the same amount of heat.

Question. Is heat the ultimate end or a by-product of combustion in the human engine or in any engine?

Answer. The human body or machine is always at work, for if we are not working or playing voluntarily, the heart beats, the blood is in circulation, the digestive processes are going on, and growth or repair of tissue is taking place. This work involves energy; the fuel foodstuffs supply this energy, and the chemical changes incident to the transformation of foodstuff to energy generate heat which keeps us warm.

*Question.** Does not the quantity of fuel foodstuffs needed daily by any one depend somewhat on the voluntary work one has to do?

Answer. Yes, as far as energy requirement is concerned, nutrition is an exact science; every movement, voluntary or involuntary, calls for a definite amount of energy in the form of food, and has been computed for us.

*Question.** Do the foodstuffs fill any other office than that of supplying energy?

Answer. Protein, through its nitrogen, builds and repairs tissues. The mineral matters give stability to bony tissue and elasticity to the nerves. Thus we speak of protein and mineral matters as foodstuffs for body building, or as bricks for body building, and we recognize at once that growing children need an approximately larger proportion of these foodstuffs than do adults.

*Question.** What are the functions of the fifth foodstuff, water?

Answer. Water forms about sixty per cent of the body and this is renewed by water; water and mineral salts have much to do with the regulation of living processes, *i. e.*, they aid digestion and assimilation and keep the blood and muscles in proper condition. A state of health depends in large measure upon the presence in food, in proper proportion, of water and mineral matter.

*Question.** How are we to know how much of these five foodstuffs we need in a day?

Answer. When we wish to know how much cloth to buy for a dress, we take into account the size of the person for whom the dress is to be made, also the conditions under which it is to be worn (as work or play and the kind of work or play) then with a yard stick as a unit of measurement we say it will take a certain number of yards. In a similar manner, we consider the other needs of the body. We must know the age, size, work and play to be done, for food is the source of energy by which all these things are done, then we must have some unit of measurement by which we can calculate the fuel or energy value that must be provided.

*Question.** What is the unit by which we measure fuel value?

Answer. The calorie measures energy or fuel value of food.

*Question.** How may we understand for what value a calorie stands?

that the cereals, too, are rich in protein. When potatoes are scarce, rice or corn-meal is an excellent substitute.

A knowledge of these facts will prevent much sickness and useless expenditure of money. Consult with neighbors. Get in touch with your County Agent, your State Agricultural College, or with the United States Department of Agriculture, if you want more information.

The war must be won in the kitchens and on the dining tables of America as well as in the trenches. The Department of Agriculture stands ready to supply information to help the housewife do her bit toward winning this war.

— CARL VROOMAN, *Assistant Secretary of Agriculture.*

Note. The Department of Agriculture is the central agency of the United States for collecting information regarding the rational and effective use of human food. Further suggestions along these lines will be found in the following bulletins, which are available for free distribution upon but postal card request: Corn Meal as a Food and Ways of Using It, F. B. 565; How to Select Foods — I, What the Body Needs, F. B. 808; How to Select Foods — II, Cereal Foods, F. B. 807; How to Select Foods — III, Foods Rich in Protein, F. B. 824; How to Select Foods — IV, Fruits and Vegetables, F. B. ; Home Canning by the One-period Cold-pack Method, F. B. 839; Drying Fruits and Vegetables in the Home, F. B. 841, 976.

* * *

Cakes Without Icing

CAKES without icing seemed very plain and were not appreciated by my family. In consequence, I have worked out the following ways of relieving the plainness in the appearance of my cake without using heavy icing.

With my favorite sponge cake recipe, I placed the dough in patty-pans to bake, dusted each little cake lightly with granulated sugar and placed two strips of candied orange peel crossed upon the top. The cakes looked quite festive when baked, and were delicious with the crisp crust of sugar and the flavor imparted by the orange.

With a white loaf cake, I dusted the top just before baking, with a tablespoonful of sugar mixed with a tea-

spoonful of ground cinnamon. Again the crisp top, but with an entirely different flavor.

Cocoanut frills was the name given some little cakes made by sprinkling grated cocoanut over the unbaked cakes, with the merest suggestion of sugar. The cakes had a "nubby," ragged appearance and an appetizing pinkish brown surface.

Nuts, chopped fine and sprinkled over the tops of cakes after the manner of using the cocoanut, impart a flavor that is just as good and the cakes look less plain than in an ordinary nut-loaf.

Coloring part of the batter helps to give a decided change, using chocolate or spices for the flavor. This colored batter may be "marbled" after the idea of our grandmothers. Patty-pans may be filled with a spoonful of the different batters. Again the batter may be divided in thirds, each division flavored and colored differently, and then one spread above the other in a loaf — the foundation colored pink, flavored with vanilla, and upon this place a chocolate division, and at the top a plain white batter with just a drop of almond flavoring and a few chopped nuts over the surface.

Another favorite cake was made by creaming the butter and sugar in the usual manner, and then removing part of it to a separate dish before finishing the cake. Just before placing in the oven, the remaining butter and sugar was crumbled lightly over the surface of the cake. Then the batter was colored lightly with chocolate or spices. This cake looked especially appetizing, and tasted as good as it looked.

IN the May number of the Magazine, page 790, in the item about preserving eggs in waterglass, it says the water should be boiled and "cooked;" suppose it is a typographical error and that the "k" should be "l," the word "cooled." I have put down eggs in the waterglass solution for fifteen years. I prefer to

use gallon, or two-gallon crocks and duck eggs instead of hen's eggs. The duck eggs have a thicker shell, and, if fresh when put down, will keep perfectly for at least a year. One duck egg will go as far as two hen's eggs. In making custard, one duck egg with each two or three hen's eggs makes a particularly rich, firm custard.

In the recipe for toilet soap on page 791, the writer says: "add the liquid fat to first mixture," which would be the lye. It should be the reverse; the lye should always be poured into the grease. If the grease is poured into the lye, the two will not mix, and the whole mixture will have to be cooked and cooked, and it is such a bother, but will make good soap, if one understands the process. I make all of our own soap for the laundry, as we butchered a beef, and the tallow does make fine soap.

Chocolate Syrup

THIS is a reliable recipe used by druggists and confectioners. For home use, one-half of this recipe may be made at one time and bottled:

Eight ounces of powdered cocoa, six ounces of glycerine, six pounds of sugar, two quarts of water. Put the sugar in the water and heat until dissolved. Heat glycerine and blend together with cocoa and add to syrup. Heat and stir but do not boil.

In making cocoa, the syrup may be added to hot milk or water; if made with water whipped cream may be served with each cup. In making sodas, add to taste.

E. C. M.

* * *

Potato-and-Onion Omelet

A POTATO-and-onion omelet may be made by preparing a quart of mashed potato; season it with three tablespoonfuls of bacon fat, a teaspoonful of salt, a little pepper, and a half cup of hot milk. Add two cups of boiled onions, chopped fine, and beat until light, then spread smoothly in a

frying pan containing two tablespoonfuls of bacon fat and cook until well browned. Fold and turn on a hot platter. Serve with a garnish of well-cooked salt pork or bacon. This will serve eight or ten people.

Peach Cobbler

Butter the outside of a teacup, and insert in the center of a deep pudding dish. Fill the space around with sliced peaches, canned or fresh, and sprinkle thickly with sugar. For the crust, take two cups of flour, four level teaspoonfuls of baking powder, one-half saltspoonful of salt; sift and rub in two tablespoonfuls of butter. To three-quarters cup of milk, add one beaten egg; mix all together. Roll out and cover the peaches. Bake half an hour in a hot oven. Invert on a deep plate, and the cup will be filled with a delicious syrup, to be used for sauce. Any juicy fruit may be substituted.

J. J. O'C.

* * *

Corned Codfish. Smoked Fish à la Newburg. Creamed Fish Up-to-date

THE fish of the seas still feed the world, just as they have since Roman times. The scientific name for the codfish comes from the Latin name given to the stick used to prop them open when drying.

A handy little dish for the small gas oven of the woman doing light house-keeping, or for the electric "ovenette," is made by putting a layer of sliced raw potato in a buttered baking dish and then a layer of corned cod or haddock, which comes in tins from a Maine packer of fish, then a layer of potato; add milk and salt and red pepper, white pepper and celery salt, and dredge a little flour or cornstarch over the layers. Of course, white sauce is better, but for one person or two, this is an easier method. The evaporated milk answers for cookery in place of fresh milk. Bake slowly.

Smoked Alaska salmon or other smoked fish may be flaked and served with a Newburg sauce. Though "a la Newburg" has not been a name to conjure by for a while, it is still just as appetizing as when it was a chafing dish fad.

And now for creamed salt fish in a new guise.

Creamed Salt Fish with Rice and Olives

Fresh fish, scalloped, with white sauce and cheese added, is not a novelty. Fresh cod and halibut are often so prepared, but now try salt codfish in this fashion. Freshen some salt codfish and cook it in water as usual; prepare some white sauce, and boil some rice. Add some cheese to the white sauce, heat the fish thoroughly in it, and serve very hot within a wall of hot, boiled rice. Dredge the rice with dashes of scarlet paprika and arrange green parsley sprigs around it.

To improve it further for a luncheon dish, reheated, scallop it with layers of stoned, ripe olives between the rice and fish. Begin with the rice, then olives, next fish and white sauce; repeat, finishing with plenty of buttered bread-crumbs.

Creamed Scalloped Salmon with Nuts, Peppers and Olives.

Make a white sauce in the usual way with butter, flour and milk. Flake up choice canned salmon and add to it some fine-slivered, green peppers; let cook all together gently. Cut up ripe olives, not so very fine, and add also. Just before placing in little china dishes for serving individually, add some English walnuts. Cover with buttered crumbs and set in a pan of hot water in the oven until the crumbs are brown. Celery, minced very fine, or celery salt can be added to this dish.

Odd as the combination seems, especially the nuts, it is much liked by guests. Garnish with a transverse slice of bright

pepper on top, if wished, also celery or parsley about the dishes.

A New Sugar Supply. Dried Wine-Grapes Will Yield Sugar

Sweet raisins and honey are the two oldest sweets. These go so far back in history, and further still in legend and fable and verse, that no one can say when they were first known.

Modern cane sugar can be traced definitely, and beet sugar also, while maple sugar and the sugar made from box-elder sap were first learned by the white men who went among the Indians of North America. This sugar was a great curiosity in England, a wonderful product of a new wild country!

Now we are returning to the use of the sweet sugar of the grape — in large commercial quantities sugar will be made in California. The announcement comes from Fresno, the center of the raisin industry, that the wine-grapes of the San Joaquin valley are being sold for the manufacture of sugar. And that buyers have contracted with at least a half dozen wine-grape growers, within the last few weeks, to deliver their coming grape crop to a large Eastern firm for the making of sugar.

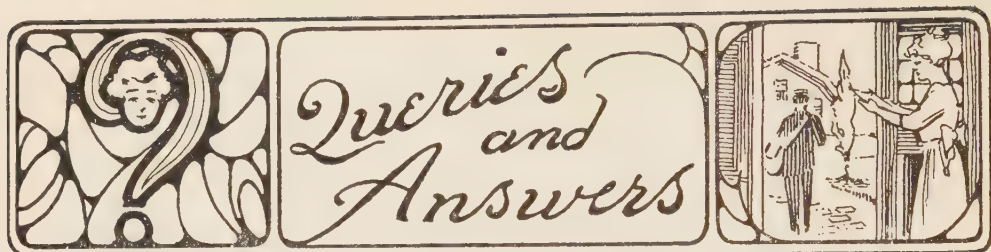
One ton of dried grapes will produce about four hundred pounds of sugar. The contract price for the dried grapes is three and one-quarter cents a pound, which is equivalent to fourteen or fifteen dollars per ton for the green product.

Raisins furnish a great deal of nourishment. We should eat them more freely in breads, cakes, and desserts, and salads; while in sauces for meats, stuffing for fowl, and in chutney pickles they have a place.

In preserves, with gooseberries, or currants, they are delicious. Far less sugar is required than when the entire fruit is used, and the combined flavors are very pleasing.

Use red currants, chopped raisins, and some orange peel, ground fine, together in preserve.

J. D. C.



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose addressed and stamped envelope. For menus, remit \$1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

Canning by Cold-Pack Process

QUERY No. 3848. — "When Canning by the 'Cold-Pack Process,' is a fire necessary for anything but sterilizing the jars?"

Canning by Cold-Pack Process

The term "cold-pack process" as applied to canning is misleading. All that the term means is that by this process, uncooked fruit and vegetables are packed in the jars for sterilization. Strong vegetables are blanched (cooked a few minutes in hot water and rinsed in cold water) before being packed in the jars. By blanching, vegetables that do not pack easily are softened a little and thus fit more closely in a jar. The skins of peaches and tomatoes are easily removed after these articles have been dipped an instant into hot and then into cold water. After these preliminaries are finished, the filled jars are set to cook in wash-boiler, steam-cooker or canner. Reduced to its lowest terms, the cold-pack process means cooking or sterilizing the produce in the jar rather than in an open saucepan, and nothing more. A fire is certainly an important item in canning by the "cold-pack process."

QUERY No. 3849. — "Would you advise Canning Everything by the Cold-Pack Process?"

Selection of Food Canned by Cold-Pack Process

In all cookery, even canning, one must think over matters and use a little

judgment. More early apples, canned without sugar for use in pies or sauce, may be put into a can from the open kettle than can be packed into a jar when unsoftened to any extent. When cooked in the open kettle, the can will be filled with apple and hot water. Beets require long cooking, and more of their valuable compounds are retained, if the cooking be done before the skin is removed, thus it would seem that the cold-pack process is not the best way of canning beets. If one has choice fruit to be put up with a syrup, use the cold-pack process, the fruit being handled but once will be kept in more perfect shape.

QUERY No. 3850. — "How long will Whipped Cream stay whipped if kept on Ice?"

Time of Keeping Whipped Cream on Ice

Dry whipped cream may be kept on ice a long time without changing very much in appearance, but it will become sour meanwhile. We do not catch the point in this question.

QUERY No. 3851. — "Besides Soup and Baked Beans what may be Served in Petite Marmites?"

Use of Petite Marmite

The proper use of a *petite marmite* is for the soup from which the dish takes its name. This soup is a broth in which

are served pieces of the meat and vegetables used in making the soup. The dish is, also, used for an onion soup, on the top of which toast sprinkled with cheese is served. We see no reason why a stew or dish en casserole might not be served in these "little pots."

QUERY No. 3852. — "Recipe for Spiced Corned Beef, in which the meat is spiced during cooking."

Spiced Corned Beef

Set the meat over the fire in cold water, and heat gradually to the boiling point; let boil five minutes, skim and let cook at a gentle simmer until nearly done, four or five hours. Add to the meat one onion, sliced, nearly a cup of sliced carrot, a chili pepper, four branches of parsley, two stalks of celery and half a bay leaf and let simmer until the meat is done. The vegetables should cook in the meat about half an hour. Remove the meat at once or let it partially cool in the liquid.

QUERY No. 3853. — "Why should the Milk for White Sauce be used Cold? The sauce is easier and more quickly made with hot milk."

Why Use Cold Milk for White Sauce

Gouffé starts with butter and flour cooked together and set aside for use as needed. To this cold *roux*, he adds broth or milk, hot or cold. He says, "If the liquid be cold, stir over the fire until boiling; if hot, moisten with the liquid by degrees and off the fire to prevent lumping." Escoffier says: "Dissolve the roux in the cold stock and put the saucepan containing this mixture on an open fire, stirring the sauce with a whisk so as to avoid its burning at the bottom." Ranhofer says: "Let the roux lose a few degrees of heat before adding the liquid;" also, "Set roux aside to become cold, and add the slightly warm liquid a little at a time." At this time, we have not been able to find any reason given for the use of either a hot or a cold liquid. Personally we know

the flavor of the sauce is better when either the roux or the liquid is cold as the combination is made. Also, we find that a smoother sauce results and that the sauce is much more easily made, when either the liquid or the roux is cold.

QUERY No. 3854. — "I do not seem able to give my 17-year old boy, a tall, active fellow, enough to eat. Just how much food should he eat in a day?"

Day's Food for Boy Seventeen Years of Age

The boy, being active, probably needs about two calories per pound of body weight per hour. Not knowing his weight we suggest an average allowance. Probably about 3500 calories per day would be about right. The following menu may serve somewhat as a guide.

Breakfast

1 large baked apple	}	100	Calories
2 tablespoonfuls sugar			
$\frac{3}{4}$ cup cream of wheat or	}	100	"
$1\frac{1}{8}$ cups puffed rice			
$\frac{5}{8}$ cup whole milk for cereal	}	100	"
3 pieces corncake			
2 tablespoonfuls butter		200	"
1 large egg on toast		150	"
1 cup cocoa		160	"

1010 Calories

Luncheon

$\frac{3}{4}$ cup tomato soup	100	Calories
4 Uneeda Biscuit	100	"
$\frac{1}{4}$ recipe Gnocchi a la Romaine	325	"
2 wholewheat Parker house rolls	200	"
4 small hot boiled beets, sliced	100	"
3 inches (at edge) blueberry pie	200	"

1025 Calories

Dinner

$2\frac{1}{2}$ slices (5 ounces) Hamburg roast, brown sauce	350	Calories
1 baked potato	100	"
3 ears corn on the cob	150	"
2 tablespoonfuls butter for corn	100	"
$\frac{1}{4}$ recipe, rice and cornmeal spoon bread	308	"
Lettuce and sliced tomato, French dressing	150	"
Bread pudding with meringue and jelly, $\frac{1}{4}$ recipe (1 pint milk, 2 eggs, etc.)	325	"

Dinner	1483	Calories
Luncheon	1025	"
Breakfast	1010	"

Total 3508 Calories

Ten to fifteen per cent of these calories should be protein; that is, there should be from 341 to 512 calories of protein in this menu. The cereal, milk, corncake and egg at breakfast, gnocchi and rolls at luncheon, and Hamburg roast, spoon cornbread and bread pudding at dinner, will furnish fully that number of protein calories.

QUERY No. 3855. — "Recipe for Hulled Corn."

Hulled Corn

Fifty years ago hulled corn was prepared in New England with wood ashes. The exact proportions of corn and wood ashes have not been ascertained. A pint of ashes to two or three quarts of yellow corn is as near the figures as we have been able to get. The corn is washed and put over the fire in a large iron kettle (granite saucepan these days). Tie the ashes in an empty salt bag or a piece of cloth and bury it in the corn. Cover with cold water, let heat to the boiling point, then boil until when tested the hull can be easily removed. Remove the bag. Drain, and wash the corn in many waters rubbing it in the hands and washing it, a small portion at a time, in a colander, to eliminate the hulls. As cleaned, return to the saucepan, add boiling water and let cook until the corn is very tender. Set aside in a cool place. The corn may be served as a breakfast cereal or as a vegetable. As a cereal, it is particularly good, served with maple syrup or New Orleans molasses and thin cream. As a vegetable, serve with white sauce and chopped parsley, or sauté in a little hot fat from salt pork or bacon.

QUERY No. 3856. — "Kindly republish a recipe for a dessert of Rice with Pears in which egg-whites were used as a Meringue."

Pears with Meringue

From a thin sheet or slice of sponge cake, cut out shapes rounded at one end and pointed at the other like the

shape of a half-pear, but a little larger. Upon these, dispose halves of cooked pears from which the core has been taken. Fill the core-spaces with fine-chopped, preserved ginger and pipe meringue mixture above, to cover the surface of the pears; dredge with granulated sugar and set into a slow oven, to cook the meringue. The meringue should not color until after ten minutes in the oven. Serve with the syrup from the pears or with cream or boiled custard made with the egg-yolks. Flat cakes of cooked rice may be used in place of the cake. Blanch the rice, then cook in the double boiler in milk.

Meringue for Pears

Beat the whites of two eggs very light, but not dry, then gradually beat in four level tablespoonfuls of sugar.

QUERY No. 3857. — "Recipe for Drying Squash and Pumpkin."

Dried Squash and Pumpkin

Cook the squash in the shell, as for the table, either by boiling or steaming. Press the pulp through a ricer on agate plates. Set in a slack oven or on the shelf above the range to become dry. Stir occasionally while drying. Steam pumpkin, free of skin and seeds and cut in two-inch cubes, until tender. Finish as dried squash.

QUERY No. 3858. — "How may Unused Pimientos be Kept after a can has been opened?"

Keeping Left-Over Canned Pimientos

We have found no very satisfactory way of keeping pimientos after a can has been opened. They will keep for a time if covered to the depth of half an inch with some sort of edible oil. They will keep for a short time if scalded and canned as in all canning (use a small jar); but even, canned with the greatest care, they will be found soft if much time elapses before use.



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If you have not yet tried Crisco you should do so now, not only because of the better results it will give you, but also because of its economy. The best cooks and the most business-like housekeepers everywhere are enthusiastic about Crisco. It is a boon to have a cooking fat that reduces living costs and produces more tasteful and wholesome foods.

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It is Janet McKenzie Hill's valuable book "The Whys of Cooking". Every housewife should send for a copy. In this work the editor of *American Cookery* deals with hundreds of puzzling problems in cooking and housekeeping. Your own may be among them. A chapter is devoted to Modern Kitchens. Everyone who entertains should read what Mrs. Hill says about "Serving". It is important to know the proper thing to do. The book is illustrated in color and contains many new recipes for economical yet tasteful dishes. We will send your copy to you for five 2-cent stamps. Address Dept. A-8, The Procter & Gamble Company, Cincinnati, Ohio.



QUERY No. 3859. — "Kindly repeat recipe given several summers ago for Eggs in Aspic Jelly with a Sauce."

Eggs Molded in Aspic Jelly

Have ready a dish of ice and water and a hard-cooked egg for each service, also enough aspic made of chicken broth or of consommé to fill the required number of molds without taking the eggs into account. Put a teaspoonful of liquid aspic into each mold and set them into the ice and water. Do not have much water with the ice, at this stage of the molding, that the molds may not float but stand level. Use a larding needle to set capers or figures cut from slices of truffle in place; add a few drops of aspic to hold them where they are set, then put into these molds, small, plain timbale molds. Fill the space between the two molds with liquid aspic. When the whole is very firm, pour lukewarm water into the timbale molds to the height of the jelly on the outside and quickly lift out the molds. Do not let the water stand in the molds or the jelly will melt. Put the eggs, freed from shells, in the open spaces, and pour in half-set jelly to fill the space completely. When ready to serve, immerse the molds to the height of the jelly in lukewarm water, loosen at the edge if needed, and invert on individual plates. Garnish with heart-leaves of lettuce and mayonnaise dressing.

(See illustration on page 119)

Aspic Jelly from Chicken Broth

Free from fat one quart of liquid in which a chicken has been cooked; add two stalks of celery, half an onion, two cloves, two sprigs of parsley, the thin yellow paring of half a lemon, one package of gelatine (two ounces), softened in one cup of cold water, and the slightly beaten whites of two eggs with the crushed shells of several. Crush the celery, onion and parsley, that the juices may be dissolved into the liquid. Stir constantly while heating the whole to

the boiling point; let boil five or six minutes, then draw to a cooler part of the range to "settle." Wring a piece of doubled cheese cloth out of boiling water and spread it over a colander set in an earthen or agate bowl. Set a strainer above the cheese cloth to catch the scum and shells that would clog the cloth.

QUERY No. 3860. — "Kindly repeat recipes for Butter Scotch and Pineapple Pies."

Butter-Scotch Pie

Bake pastry rolled as for pie crust on the outside of an inverted pie pan. Prick the paste all over and set it on a tin sheet to keep the edge from contact with the oven. When baked set inside the pan, turn in butter-scotch filling and cover with a meringue made of the whites of two eggs and one-fourth a cup of granulated sugar. Let bake about ten minutes. Serve when partly or wholly cold.

Butter-Scotch Filling

Scald one cup of milk in a double boiler; stir three level tablespoonfuls of cornstarch and one-fourth a teaspoonful of salt with half a cup of cold milk to a smooth consistency, then let cook in the hot milk, stirring constantly, until smooth and thick. Cook two tablespoonfuls of butter with one cup of brown sugar until the sugar is soft and bubbly throughout. Do not cook it to caramel. Stir the sugar into the cornstarch mixture, then add two yolks of eggs beaten light and diluted with a little of the hot mixture. Use when cooled a little.

Pineapple Pie

Mix one-third a cup of cornstarch with one cup of sugar and stir into one can of hot, grated pineapple and continue to stir until the mixture thickens; add half a teaspoonful of salt and a teaspoonful of butter and use as a filling for a pie with two crusts.

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In reference to Query, No. 3831, in the May number, regarding Goat's Milk for Babies, a contributor says: "Medical men strongly recommend goat's milk as food for children and invalids. It has the advantage of being quite free from the bacillus of tuberculosis. This fact clearly demonstrates the value of goat's milk as human food. I know of more than one case where a baby's life has been saved by the use of goat's milk. Here, in California, the Swiss Toggenburg goat is preferred by many, the milk selling for twenty-five cents per quart and the goats themselves rarely selling for less than fifty dollars each."

Another contributor, from the University of Vermont, says: "While goat's milk is not used to any great extent in the eastern section of the United States, it is in the West, and to my certain knowledge has saved the lives of many babies. One of my friends who had a goat-ranch in Washington and who before her marriage was assistant dietitian at Johns Hopkins, has reared her own baby and saved the lives of many others with goat's milk which sells in the West for something like twenty-five cents a quart because of its value for this purpose. I am away from home and cannot get at my notes, so I cannot tell the name of the hospital in Chicago that raises goats the babies suckle. The fat is in small particles and very much more easily digested. The Walker Gordon people endorse it, and I think carry it for a few of their customers."

Uncle Joe Cannon, according to the *Ladies' Home Journal*, is a great lover of green corn. One day he took one of his Illinois farmer constituents to dinner with him in Washington. Cannon made his dinner on green corn, eating seven ears. The farmer asked him how much board cost at the Willard. Cannon replied: "Six dollars a day."

"Well, Joe," said the constituent, "don't you think it would be cheaper for you to board at a livery stable?"

Seasonable and Tested Recipes

(Continued from page 121)

press them into the bottles, and at once cover the cork and joint of the bottle with melted sealing wax or paraffin.

Canned Rhubarb and Raisins

For two quart jars of rhubarb, take three pounds of rhubarb, three cups and one-half of sugar, one cup and a half of boiling water and one cup of Sultana raisins. Pick over and wash the raisins, removing stems when present. Cover with boiling water and let simmer until the raisins are tender, adding water meanwhile if needed. Wash the rhubarb and cut it in half-inch slices. Cover with boiling water, let boil two minutes after boiling begins, then drain, rinse in cold water and drain again. Have the jars sterilized in boiling water; pour out the water, and in them pack the rhubarb and raisins, alternately. Have ready the sugar and water, boiled five minutes; into this strain the water in which the raisins were cooked, reheat to the boiling point and use to fill the jars to overflow; dip the rubber rings in boiling water and adjust them on the jars; take the covers from boiling water and set them in place; partially tighten the cover and let cook from ten to twenty minutes after boiling begins. The rhubarb may also be canned from the open kettle. It should be watched constantly while cooking, lest the pieces be broken. Add the syrup and raisins after the rhubarb has been blanched, and have jars and covers sterilized before setting the rhubarb to cook. In New England rhubarb is usually at its best in May and June, but this season being late, the inner stalks may be canned in July and early August.

Canned Cranberries

Cranberries may be canned in cold water and kept in good condition for some length of time. But if canned in October for use the following June and July, cooking the berries is preferable.

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12c and 30c per package in the United States and Canada, except in Far West and South where high freights may prohibit

(1663)

For each quart jar to be filled take one quart and one cup of berries; add two cups of boiling water, cover and let cook about six minutes or until boiling throughout. Store at once in sterilized jars, filling the jars to overflow and sealing at once with sterilized rubber rings, and cover.

Cranberry Jelly from Canned Berries

To a quart jar of cranberries (canned as above), add half a cup of boiling water, let heat quickly to the boiling point, then using a wooden pestle (potato masher), press through a sieve, leaving about three-fourths a cup of fruit skins in the sieve. Stir in two cups and one half of sugar and turn into a dish.

Cranberry Sauce from Canned Berries

Reheat the berries. Stir two cups of sugar with half a cup of boiling water,

until the sugar is melted and boiling; pour over the berries and let stand on the back of the range, without boiling, fifteen minutes.

Dried Celery Leaves and Creamed Celery

When buying a bunch of celery, use the inner white crisp stalks as an appetizer. With scissors, trim from the rest of the celery all the leaves (no stems); wash and dry the leaves, if necessary, then spread on agate plates and set to dry in a slack oven or on the shelf over the range. When dry and crisp store in an empty cocoa or baking-powder box. Cut the rest of the celery in half-inch lengths and let cook in boiling water until tender and the water is nearly evaporated. Use this water and rich milk in making a white sauce for the celery. Use one cup and a fourth of celery to each cup of sauce. For a more hearty dish, add half a cup or more of grated cheese or a beaten egg. For a dish of higher fuel value, spread cracker crumbs mixed with melted butter over the top of the mixture and let brown delicately in a hot oven. The cheese, egg and milk used in this dish admit of the serving of less meat or fish in the meal at which it is served.

Dried String Beans

Snip the ends and remove the strings from fresh-gathered string beans. With a sharp knife split the pods through the sides from which the strings were taken and cut in halves, crosswise, if desired. Spread the prepared beans lightly over agate plates and set into a slack oven or on the shelf over a kitchen range. Stir occasionally. When hot throughout, let dry slowly, either near the stove or in the sun. Quick heating, at first, is necessary in moist hot weather to avoid souring. Kept near the kitchen range, wax beans will be thoroughly dried in from twelve to twenty-four hours. At the last, make very hot in the oven. Store in a cloth sack or in tin pails.



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Through the Woman's Institute *you*, too, can learn at home, in spare time, to make all your own and your children's clothes and hats and save half on everything. You can make last year's dresses over into stylish new garments. You can make fashionable dresses from inexpensive materials.

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If you wish, you can take up dressmaking or millinery as a business. Our training fits you to secure a position with good pay or to open a shop of your own.

What Some of Our Students Say

I am so proud of the dress I have made. My clothing bills are less than half what they were before.

MRS. JAMES WALTON, Pocatello, Idaho

I have made many interesting garments from the instructions. They seem to have an individuality that you do not get from a ready-made garment.

MRS. J. MACLEAN, Providence, R. I.

I have earned enough making dresses for relatives and friends to pay for my entire course.

MISS DOROTHY HARMELING, Brooklyn, N. Y.

Have made four hats from old materials and like them better than any I have ever had and have always paid 8 to 20 dollars for my hats. Have never before made or trimmed a hat.

MRS. E. A. TOMBLEY, San Francisco, Calif.

I have, with knowledge already gained and past experience, made, trimmed and sold hundreds of dollars' worth of hats to satisfied customers.

MISS BEULAH JOHNSON, Coats, N. C.

I wonder why we stay untaught when the way is so easy and pleasant and within the reach of everyone.

MRS. J. O. REYNOLDS, Corning, N. Y.

Send this coupon, or a letter or post card today for handsome illustrated book and learn from the experience of 6,000 delighted students what the Woman's Institute can do for you. Please state which subject interests you most.

Woman's Institute of Domestic Arts and Sciences, Inc.
Dept. 12-V, 425 Fifth Ave., New York City

Please send me booklet containing full information about your course in the subject marked X.

☐ Home Dressmaking ☐ Millinery
☐ Professional Dressmaking

Name _____
Specify whether Mrs. or Miss

Address _____

Before use, soak overnight in cold water and cook as fresh beans.

Dried Carrots

Young carrots are the best; scrape, wash and dry on a cloth, then cut in thin slices and dry in the same manner as string beans.

Canned Sweet Corn

This recipe has been used in our own kitchen for the past twelve years without the loss of a single can. The canning has been done with a patent canner and a steam cooker, equally well, but the time of cooking is shortened at least one-third in using the canner. Using only the corn-pulp shortens the time of cooking, and cuts down the number of cans to be supplied. Corn pulp being concentrated is equal to nearly double its bulk of corn cut from the cob. Do not pick and husk the corn until ready to use it. To prepare, with a sharp knife score the kernels in each lengthwise row on the ear, then with the back of the knife press out the pulp, leaving the hulls on the cobs. As the pulp expands greatly in cooking, especially at first, the jars should be filled to only two-thirds their height. Set the pulp to cook in three jars for each two to be filled. Set the jars in the cooker or canner as usual, the covers beside them; after cooking fifteen or twenty minutes, stir down the corn in each jar and repeat this stirring several times whenever you fear the pulp will rise over the top of the jar. When the corn pulp no longer puffs to any great extent in cooking, fill two jars from the third and let cook about half an hour, then wipe the top of each jar, adjust the rubber rings and covers, and let cook again about half an hour, then tighten the covers.

Original Recipe for Spiced Raisin-Gooseberry

Combine partially ripe gooseberries with from one-third to one-half seedless raisins. Add good cider vinegar, thinned with water to cover, sugar and spices to taste. Cook very slowly until a thick smooth jam.



The Milk Dish As It Used To Be—And Now

Some of us remember well the old plaid tablecloth, the yellow bowl, the plate of bread. That was childhood's supper dish—the old-time bread-and-milk.

The milk is the same as it used to be. But the dish has changed, and the setting.

Instead of bread or crackers—made of white flour only—the modern mother prefers whole wheat.

Instead of soggy morsels we now have bubbles—flaky, crisp and toasted—puffed from grains of wheat.

We now have wheat grains steam exploded, puffed to eight times normal size. As light as fluff, fragile as a snowflake—with a fascinating flavor. Easily digested, because every food cell is broken. All because Prof. Anderson invented Puffed Wheat and Puffed Rice.

In these new days serve new-time foods—these scientific grain foods. They are whole grains made wholly digestible. Puffed Wheat and milk, in good and goodness, is the supreme summer dish.

Puffed Wheat Puffed Rice
and Corn Puffs
Each 15c Except in Far West

These are all-day foods in August. Serve with sugar and cream, mix them with your berries. Use them for nut-like garnish on ice cream. Douse with melted butter for hungry children in the afternoon. Puffed Grains are clear nutriment. Every atom feeds. They are also food confections of the rarest sort. Keep all three kinds on hand.



Nesnah Desserts

(Made in a Jiffy)

The average woman could reduce the cost of food for her family and at the same time add greatly to its nourishment if she would make and serve ice cream. Food experts say that ice cream is not a luxury, but a substantial food. Nesnah Ice Cream is economical, easy to make, and a joy to serve or to eat.

Nesnah Peach Ice Cream

5 Quarts

2 qts. milk 3 packages Nesnah
1 pt. cream 1 qt. peaches

Heat two quarts of milk, luke warm, remove from stove and add three packages of Vanilla Nesnah, stir quickly for one half minute to dissolve. Pour at once into freezer can and allow it to stand undisturbed until it sets, or about ten or fifteen minutes. Pack with ice and salt, freeze to a thick mush, then add one pint of plain or whipped heavy cream and a quart of crushed and sweetened peaches. Continue to freeze to the right consistency.

Nesnah Pudding requires no boiling or baking

Six Pure Natural Flavors

Vanilla	Orange	Raspberry
Almond	Lemon	Chocolate

A postcard will bring you samples and a cook booklet

Write to

Chr. Hansen's Laboratory, Inc.
The Junket Folks

Box 2570 Little Falls, New York

Good and Bad Food Combinations

(Concluded from page 109)

inevitably follow, through eating whatever a capricious appetite may cry for; and many another woman, devoted heart and soul to the cause of temperance, is unwittingly engaged in the manufacture of alcohol in one of its most mischievous forms at her own table. For it is true, although too often forgotten, that to put a random blending of sweets, acids and starches in the warm confines of the stomach must ferment and develop alcohol there no less than in the moonshiner's still — the effect upon the body similar to that upon the brain when distilled liquor is drunk, the boozy cells unable to perform their proper functioning, with auto-intoxication leading to all forms of disease.

It is a good plan for the housekeeper to select one dish as the keynote of the meal, so to speak, choosing such others as will harmonize with it. For instance, if grape fruit, or a fruit salad, begins the meal, to let it be followed by a cream soup would be, to quote the English statesman, "worse than a crime — a blunder." The soup would better be a plain bouillon, or a tomato purée without cream, or something that would have no quarrel with the fruit acid. And to accompany the Irish potato with the meat, there should be some vegetable of the fruity kind, such as tomato, corn or squash, while the dessert should be chemically in keeping. It may be remarked in passing that the Irish potato, which harmonizes practically with all other viands, possesses the especial advantage with respect to acids that its potassium salts are largely alkaline. With an old-fashioned boiled dinner, the mixture of vegetables should govern both soup and dessert, both of which should be simple and without cream, while fresh fruit would better be omitted. A mixture of fresh fruits with the coarser vegetables, such as turnips and cabbage, is never advisable, not

*A streak of fat - a streak of lean
With lots of goodness in between!
"Swift's Premium" Bacon*



Buy advertised Goods — Do not accept substitutes

Cakes and Cookies



The lightest of cakes, the most toothsome of cookies, the smoothest of custards—all are far short of perfection if they lack the rich deliciousness of—

The Heart
of the
Dessert

Burnett's Vanilla

In addition to the noticeable betterness of flavor, it is economy to use Burnett's. A little goes far and you don't risk spoiling costly flour, butter, eggs, etc.

Dry Your Fruits and Vegetables

on the time-tried economical

"Granger" Evaporator

Do "your bit" for Uncle Sam and at the same time practice economy. What you don't eat now, save for winter meals. The Granger Evaporator does it—easy to run, child can do it. Takes

NO SUGAR, NO CANS, NO JARS

Granger Evaporated vegetables are most wholesome and are easily prepared for serving. Evaporated fruits make the most wonderful desserts, cakes and pies. And remember this method is the simplest and most economical for everyone. Get your "Granger" today. Save the surplus from your garden or buy fruits and vegetables when they're cheap and evaporate them. 20,000 in use, 2 sizes, \$6 up. You can save the cost several times over in one year on sugar alone. Write for FREE booklet Y—all about the Evaporator and all about evaporating, too.

Grange Sales Association
Lafayette Bldg., Philadelphia, Pa.

The "Granger" may be purchased at the following stores:

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Jordan Marsh Co.
Jos. Brack & Sons

R. H. White

B. F. Macy
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PROVIDENCE

A. W. Fairchild
Boston Store



only in respect to the blending of acids, but because of the differing periods required for digestion. Fruits, as a rule, are very quickly digested, a sweet apple calling for but little more than an hour, while a heavy vegetable, like boiled cabbage, demands from three to four hours. When these are mixed together in the stomach, those who have specialized in dietetic studies tell us that the fruit acid tends to hold back the work of the secretory gland on the vegetable starches, while the delayed process of the vegetable digestion works to detain the fruit juices until fermentation is the natural result.

On the back of the menu card in a vegetarian cafeteria in California, we came upon the tables of food combinations and suggestions given below, and even though one might not wholly subscribe to the dietetic creed of the place, they seemed well worth preserving.

GOOD COMBINATIONS

Grains and Fruits — not acid.
Grains and Nuts.
Grains and Vegetables.
Grains and Milk.
Grains and Eggs.
Fruits and Nuts.
Vegetables and Nuts.

POOR COMBINATIONS

Milk and Sugar — Fermentative.
Milk and Acid Fruits — Hard Curds.
Fruits and Vegetables — Fermentative.
Fats with Fruits or Vegetables.
Acid Fruits and Grains.

REMEMBER THESE

Vary the diet from day to day.
Eat some fresh raw green food daily.
Eat nothing between meals.
Eat for efficiency.
Treat your own body at least as well as you would that of a valuable animal.

And to these we might add, as insuring the best combination of all: let every meal be served with smiles and soul sunshine. Never bring bad news to the table, or permit there disagreeable discussion of any kind.



A Million Breakfasts
Cooked This Morning on

Crawford Ranges

Was Yours One?

Among the exclusive Crawford features that have made this range preferred above all others are:—

A convenient gas end oven, equipped with the new and improved gas broiler. This broiler is instantly adjustable to hold the food at any required distance from the flame without touching the pan, without bending over. It folds away when not in use.

Two separate ovens, both large and roomy—one for coal, the other for gas—both are perfect.

Five center heat gas burners of a new and efficient type bring the heat directly under the center of utensils without wasting gas.

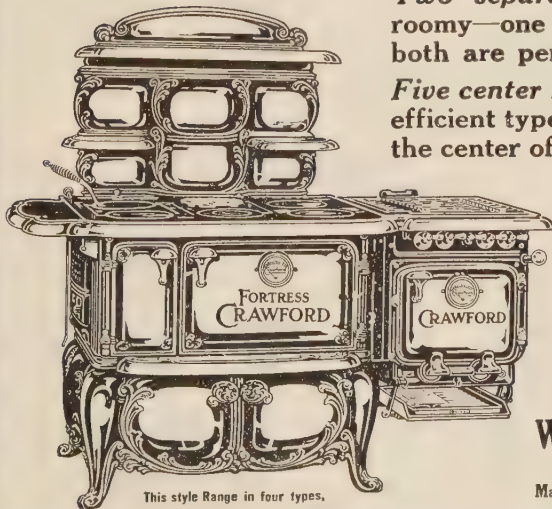
Guarded gas cocks which eliminate danger of accidental opening.

Perfection of design and finish long service and utility, distinguish Crawford coal ranges—or gas combinations.

Sold by Leading Dealers

Walker & Pratt Mfg. Co.
Boston, U. S. A.

Makers of Highest Quality Ranges, Furnaces and Boilers



This style Range in four types.
Palace, Castle, Fortress and Cottage

Steel
BUTLER
Products

CANNING OUTFITS

A Butler Home Canning Outfit

will pay for itself in one season and will last a lifetime. Be economical and provide for the future. Right now fruits and vegetables are plentiful and cheap. You can have plenty next winter while your neighbors are paying high prices for inferior products.

Economical — Simple — Practical

Butler outfits are low in price, operate with very little fuel cost. They are so simple anyone can use them. The most practical outfit made.

Valuable Recipe Book

With every Butler Outfit we give a valuable recipe book and cook book free. This book tells how to prepare, cook and can practically every fruit, vegetable and meat. Write nearest factory today for free catalog giving full information about these great cookers



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or 867 6th Avenue, S. E.
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Steam Pressure, or
Hot Water
Bath, or
Cold Pack **\$2.⁸⁵**
Methods ... and up



The Silver Lining

The Cook

O, I am a cook in white apron and cap!
Sing ho, for my bright, polished basins!
French, Irish, Chinese, I may be — or a Jap.
You'll find me in every place on the map.
I'm careful, and neat, and waste not a scrap.
Sing ho, for my stew pans and kettles! (Cho.)

The world cannot do without me, don't you know.
Sing ho, for my fire brisk and cheery!
I broil and I roast when the coals are aglow;
And into the oven I put my white dough.
My cakes, pies, and tarts make a very fine show.
Sing ho, for my neat, spotless kitchen! (Cho.)

From soups to desserts, I can cook what you will
Sing ho, for my spoons and my freezer!
The tea that I brew is the kind that will thrill;
My coffee I grind in my own coffee-mill.
When cooking is done, then I scour with great skill.
Sing ho, for my shining utensils! (Cho.)

Chorus

My kitchen's my work-shop. I chop and I stir.
My jolly egg-beater I whirl and I whirl.
I roll, and I grate, and I cut, and I mix.
My cook-book's the place where I learn all my tricks.

Sing ho, sing ho, sing ho!

— *Blanche Elizabeth Wade.*

Nervous Gentleman (from the country — "Oh, a little lamb and some potato.")

Brisk Waiter (shouting up the restaurant) — "One lamb, one potato."

Nervous Gentleman — "See here, waiter, a little less lamb, please, and a little more potato."

A traveler in the dining-car of a Georgia railroad had ordered fried eggs for breakfast.

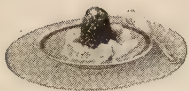
"Can't give yo' fried a'gs, boss," the negro waiter informed him, "lessen yo' want to wait till we stops."

"Why, how is that?"

"Well, de cook, he says de road's so rough dat ebbery time he tries to fry a'gs dey scrambles." — *Life.*

A seven-year-old had a great appetite for buckwheat cakes. One morning his grandfather, who was watching him, asked, "Have you ever in your life had

MINUTE DAINTRIES



Coffee Tapioca

Cook fifteen minutes in 3 cups coffee, $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{2}$ cup sugar and a little salt. Flavor with vanilla and serve cold with cream and sugar. One more cup of coffee may be used unless it is desired to mold this dish. This is shown molded in a jelly glass and served with whipped cream.



Mrs. Delia M. Derby—
in charge of Recipe, Menu
and Household Help Service
of Minute Tapioca Company.



Pineapple Tapioca

Boil $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{2}$ cup of sugar and pinch of salt in 4 cups of water till clear. Remove from fire and add 1 cup pineapple grated or chopped with $\frac{1}{2}$ cup of sugar. Serve with cream. This is shown served on a slice of canned pineapple with whipped cream and whole nut on top.

Tapioca Griddle Cakes—Mix 2 cups Tapioca Cream, unflavored (see Minute Cook Book), $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon salt, 1 cup flour and 2 level teaspoons baking powder. Bake on a hot griddle and serve with butter and honey or maple syrup. These are delicious for Sunday morning breakfast and easily prepared, as the Tapioca Cream can be made the day before.



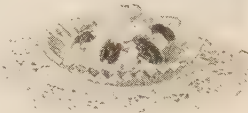
Danish Pudding

Cook $\frac{1}{2}$ cup Minute Tapioca in 3 cups full hot water 15 minutes. Add $\frac{1}{2}$ cup sugar, 1 saltspoon salt and 1 small tumbler grape jelly. Stir till dissolved. Serve ice-cold with sugar and whipped cream. Pint ripe strawberries may be used in place of jelly.



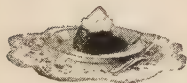
Tomato Tapioca Soup

To 1 pint of strained tomatoes add $\frac{1}{2}$ tablespoon extract of beef, 1 ounce butter, 2 tablespoons Minute Tapioca, $1\frac{1}{2}$ pints hot water and salt and pepper to taste, boil for fifteen minutes. Serve with fried bread or toast.*



Maple Walnut Tapioca

Heat 1 pint milk and stir into it carefully 2 heaping tablespoons Minute Tapioca. Cook 15 minutes, then add the well-beaten yolks of 2 eggs and a pinch of salt, but NO sugar. Stir for 3 minutes, then let cool. Beat $\frac{1}{2}$ cup of maple syrup into the cool tapioca and add English walnut meats, chopped fine. Serve with whipped cream and place half nuts on top.



Chocolate or Cocoa Blanc Mange

Add $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{2}$ cup sugar and a little salt to 3 cups chocolate or cocoa made proper strength for drinking. Let cook 15 minutes, stirring frequently. Remove from the stove, flavor with vanilla and pour into a mold. Shown here molded in a tea cup and served with whipped cream.



Strawberry Tapioca

Cook for fifteen minutes in a double boiler $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{2}$ cup sugar, 1 teaspoon butter and 3 cups of hot water. Crush 1 pint strawberries, sweeten to taste and let stand one-half hour. Take the tapioca from the fire and stir in the fruit. Set in a cool place. It should be served very cold. This dessert is delicious served with whipped cream. Raspberries may be used in place of strawberries. Shown molded in sherbet glass.

For Your Next Dessert

Any one of these eight desserts suggested will satisfy your family—and yourself. For besides making a temptingly delicious dessert, Minute Tapioca is a real food, easily digested. And it is one of the easiest of

Minute Tapioca

prepared
desserts for you to
make. Minute Tapioca
dissolves immediately in hot water
or milk, cooks done in 15 minutes with-
out lumps or sogginess. The low price, too,
is an inducement. Why not send now for
free Minute Cook Book giving 124 recipes
for Minute Dainties (Minute Gelatine or
Minute Tapioca)? Use the coupon.
Minute products won Gold Medal of
Honor at Panama-Pacific Exposition.

Minute Tapioca Company
909 West Main St., Orange, Mass.

* N. B. 2 tablespoons Minute Tapioca added to a quart of any kind of soup about fifteen minutes before removing from the stove adds greatly to its flavor and nourishing qualities.



MINUTE
TAPIoca
COMPANY
909 West Main St.,
Orange, Mass.

Gentlemen:

Please send me a
copy of the Minute Cook
Book. Sent free postpaid.

Name.....
Street.....
City..... State.....
Grocer's Name.....
Address.....

LITTLE CHÈF



★ **Handy in the kitchen**
Gives a full, rich, delicate flavor
And browns soups,
meats, gravies, fish,
poultry.

LARGE BOTTLE 25c

If your grocer cannot supply you, write to us and tell us his name and we will make it easy for you to get "Little Chef" of him or some other good grocer in your neighborhood.

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INC.
18 WORTH ST. NEW YORK CITY

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Home-Study Courses

Food, Health, Housekeeping, Clothing, Children.
For Homemakers, Teachers and for well-paid positions.

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Cream Whipping Made Easy and Inexpensive

CREMO-VESCO

Whips Thin Cream
or Half Heavy Cream and Milk
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It whips up as easily as heavy cream and retains its stiffness.
Every caterer and housekeeper wants CREMO-VESCO.
Send for a bottle today.

Housekeeper's size, 1½ oz., .25 prepaid
Caterer's size, 16 oz., \$1.00
(With full directions.)

CREMO-VESCO COMPANY
631 EAST 23rd ST., BROOKLYN, N. Y.

all the buckwheat cakes that you could eat?"

"Yes, sir," replied the boy. "Lots of times I've felt I'd had enough."

"How do you tell when you have had enough?"

"I just keep on eating until I get a pain and then I eat one more to make sure."

His Fidelity

Upon the recent death in a Western town of a politician, mentioned in *Puck*, who, at one time, served his country in a very high legislative place, a number of newspaper men were collaborating in an obituary notice.

"What shall we say of the former Senator?" asked one of the men.

"Oh, just put down that he was always faithful to his trust."

"And," queried a cynical member of the group, "shall we mention the name of the trust?"

Effective

Pa — "At last I've found a way to make that young scamp of ours stop winking his eyes."

Ma — "Really?"

Pa — "Yes; I'll show him the article in this science magazine where it says that every time we wink we give the eye a bath."—*Buffalo Express*.

As Usual

"I'd like a square meal just once."

"What's the matter? Aren't you getting enough to eat at home?"

"No. You see, the doctor's put pa on a diet, and the rest of the family has to starve to keep pa out of temptat'on."

— *Detroit Free Press*.

Trade Mark Registered.

Gluten Flour

40% GLUTEN

Guaranteed to comply in all respects to standard requirements of U. S. Dept. of Agriculture.

Manufactured by
FARWELL & RHINES
Watertown, N. Y.

Twenty Ways of Serving Canned Salmon

Plain Salmon Salad with Lettuce.
Cold Salmon Mousse, Lettuce, French Dressing.
Salmon Heated in the Can, Egg Sauce, Boiled Potatoes.
Creamed Salmon, Mashed Potato Border.
Chaufroid of Creamed Salmon (with Gelatine), Lettuce, etc.
Creamed Salmon with Poached Eggs.
Peppers Stuffed with Creamed Salmon.
Creamed Salmon in Swedish Timbale Cases.
Salmon Roll (biscuit-crust), Drawn Butter Sauce.
Salmon Chowder.
Curried Salmon, Rice Border.
Salmon Croquettes, Peas.
Salmon Timbales, Cream Sauce.
Salmon Loaf, Tomato Sauce.
Salmon-and-Potato Cakes.
Salmon-and-Potato Hash.
Salmon Eclairs.
Salmon Molded in Fish or Chicken Aspic (Jelly).
Salmon Soufflé, Mock Hollandaise Sauce.
Salmon Scrambled with Eggs.

Twenty Ways of Serving Apples

Cored-and-Pared Apples Cooked in Syrup and Glazed in Oven.
Plain Sour or Sweet Apples, Baked.
Sifted Apple Sauce.
Coddled Apples.
Jellied Apples.
Apples Stuffed and Baked, Creole Style (Meringue).
Apple-and-Celery Salad.
Apple-and-Date Salad.
Cider Apple Sauce.
Fried Apples.
Apple Marmalade.
Apple Pie with Apple Meringue.
Apple Pie with Caramel Ice Cream.
Apple Turnovers.
Apple Dumplings.
German Apple Cake.
Apple Fritters.
Baked-Apple Tapioca Pudding.
Baked-Apple Ice Cream.
Brown Betty Pudding.



FOOD CONSERVATION STUDENTS LEARNING HOW TO PACK EGGS IN WATER-GLASS

American Cookery

VOL. XXII

OCTOBER, 1917

No. 3

Some Methods of Selection, Preparation and Preservation of Food

As presented at Food Conservation School, Purdue University

By Mabel L. Harlan

EVERY woman can render an important service to the nation in its present emergency. She need not leave her home or abandon her home duties to help the armed forces. She can help to feed and clothe our armies and help to supply food to those beyond the seas by practicing effective thrift in her own household," says Secretary of Agriculture, Houston.

That the women of Indiana are vitally alive to this great problem is demonstrated by the fact that more than 300 attended the food conservation school at Purdue University. The women came from all parts of Hoosierdom, the farms, villages, towns and cities, eager for any knowledge that will help them not only to demonstrate thrift and conserve food products in their own homes, but to encourage this movement among their neighbors. For the women who could not attend the lectures and demonstrations, a resumé of some of the important phases follows:—

The Use of Milk and Milk Products in the Preparation of Nutritious Meals.

Professor Rosenau of Harvard University says, "The actual food value of one quart of milk is equal to three-quarters of a pound of beef, two pounds of chicken, eight eggs, two pounds of codfish," etc.

The importance of this food is too little realized by many housewives, except in diets for children.

A demonstration was given which

emphasized the value of skim milk, the following recipes being used.

Cornmeal and Wheat Bread

1½ cup skim milk	1 cup compressed yeast
1 cup corn meal	½ teaspoonful salt
1 teaspoonful sugar	1 teaspoonful fat
2 cups flour	

Put milk and cornmeal, salt, sugar and fat in double boiler. Cook 20 minutes. Allow to cool to room temperature and add yeast softened in water. Add flour and mold thoroughly. Let rise and bake 45 or 50 minutes.

Rinktum Ditty

4 tablespoonfuls flour	1 cup tomato juice
1 cup milk	1 egg, if main dish
1½ cups cottage cheese	served at the meal
2 tablespoonfuls fat	

Make a white sauce of the flour, fat, milk and tomato juice and stir in the cottage cheese or American cheese. Serve on toast or wafers for luncheon or supper.

Soup Recipe

1 quart of any vegetable	1 thin slice of onion
2 slices of stale bread	1 quart skim milk

Put the onion and vegetable through the meat chopper, following them by the bread, in order that there may be no waste. Put into double boiler with the milk and cook until the vegetable is tender. The dry bread in this case serves as a thickening agent.

Cottage cheese furnishes an economical means of utilizing skim milk. Since this cheese is rich in both protein and fat, it may be used in large quantities as

a substitute for meat, eggs and fish. Each pound of cottage cheese furnishes as much protein or body building material as the same weight of beef. It is, however, not quite so rich in its energy supply as meat.

When used as a substitute for meat, it should appear in the main course of the meal. A simple menu with cottage cheese as the main dish in a dinner is: — cottage cheese with currant jelly, stuffed potatoes, celery, hot rolls, Danish pudding, coffee.

Cheese used in small quantities may be made into balls, rolled in paprika or ground nut-meat and served as an accompaniment to fruit or vegetable salad. It may also form a part of the salad, as when it is beaten in French dressing and served on head lettuce. The main point to keep in mind in using cheese is to use it as a substitute for other foods of similar composition and not to use it as a supplement.

Cottage Cheese Salad

A very nutritious salad may be made by using the slices of pineapple with a generous spoonful of cheese on each slice. Either cream or salad dressing may be used, also pimienta if desired. Cottage cheese can be secured for 15 cents a pint, and, therefore, makes a very nutritious and economical food. This salad might be served as a dessert where the rest of the menu was light.

Classification of Common Foods.

To aid the housewife in classifying and selecting her food, a "Hang me in the kitchen" card was given out. This card contains lists of foods grouped according to the chief food constituent, as follows:—

Protein Foods (Tissue Builders) —

Lean Meat, Poultry, Fish, Oysters, Milk, Cheese, Eggs, Legumes (Dried Peas, Beans, Soy Beans, Cow Peas), Peanuts, Nuts and Similar Foods.



A REAL CANNING CLUB AT WORK



A DAINTY ACCOMPLISHMENT, OF WHICH ANY YOUNG WOMAN SHOULD BE PROUD

Starch Foods —

Bread, Crackers, Macaroni, Tapioca, Rice, Cereal Breakfast Foods, Hominy, Bananas, Starchy Vegetables, and similar Foods.

Sugary Foods —

Sugar, Syrup, Honey, Jelly, Candy, Preserves, Marmalade and Similar Foods.

Fatty Foods —

Butter, Cream, Lard, Drippings, Olive Oil, Cotton Seed and Salad Oils, Fat Meat, Oleomargarine, Bacon, Chocolate and Similar Foods.

Fruits and Watery Vegetables —

Apples, Oranges, Berries, Peas, Melons, Rhubarb, Dates, Figs, Raisins, Prunes, Apricots, Carrots and Similar Foods, Greens, String Beans, Green Peas, Cabbage, Tomatoes, Turnips, Asparagus, Salsify, Squash, Lettuce.

Economical Menus

This group of inexpensive menus was outlined. These are suitable for a summer diet and should supply the needs of a family group containing both children and adults.

MENU I

Breakfast — Stewed Rhubarb, Shredded Wheat Biscuits, Bran Muffins, Milk and Coffee.

Dinner — Cream of Spinach Soup, Nut Loaf, Cream Sauce, Fruit Salad, Graham Bread, Caramel Custard.

Supper — Escalloped Cabbage, Baked Potatoes, Graham Bread, Rhubarb Tapioca, Oatmeal Wafers.

MENU II

Breakfast — Fresh Fruit, Cornflakes, Cinnamon Toast, Milk and Coffee.

Dinner — Creamed Dried Beef on Toast, Rice, String Beans (buttered), Bread, Berry Shortcake.

Supper — Potato Salad with Mayonnaise, Graham Bread Sandwiches, Cookies, Cocoa.

MENU III

Breakfast — Raspberries, Cooked Cereal, Toast, Milk and Coffee.

Dinner — Salmon Creamed with Rice on Toast, Peas, Lettuce Salad, Bread, Cottage Pudding with Berry Sauce.

Supper — Creamed Asparagus on Toast, Cottage Cheese, Fresh Fruit, Brown Bread.

MENU IV

Breakfast — Fresh Fruit, Cracked Wheat, Popovers, Milk and Coffee.

Dinner — Beefsteak Pie with Biscuit Crust, Buttered Beets, Mashed Potatoes, Pineapple Ice.

Supper — Creamed Potatoes, Egg Salad, Saltines, Lemon Jelly.

MENU V

Breakfast — Apple Sauce, Grape Nuts, Graham Toast, Milk and Coffee.

Dinner — Vegetable Soup, Salmon Loaf, Egg Sauce, Baked Potatoes, Sliced Cucumbers, Fresh Fruit.

Supper — Creamed Macaroni, Sliced Tomatoes, Raisin Bread Sandwiches.

MENU VI

Breakfast — Strawberries, Puffed Wheat, Omelet, Toast, Milk and Coffee.

Dinner — Escalloped Rice, Tomatoes and Meat, Cabbage Salad, Bread, Cherry Pie.

Supper — Vegetable Salad, with a Legume and an Egg Dressing, Baking Powder Biscuits, Sliced Peaches, Honey.

MENU VII

Breakfast — Fresh Cherries, Wheat Flakes, Graham Muffins, Milk and Coffee.

Dinner — Hamburg Steak with Onions, Mashed Potatoes, Creamed Cauliflower, Bread, Baked Apple with Cream.

Supper — Eggs à la Goldenrod, Baked Potatoes, Tomatoes and Cucumber Salad, Pineapple Pudding.

Recipes for Soy Beans

The following recipes were given for the preparation of soy beans, a food heretofore used in America only for feeding stock, but which is very palatable and nutritious as a human food.

Black Soy Bean Soup

1 pint black soy beans	$\frac{1}{3}$ teaspoonful pepper
2 quarts cold water	$\frac{1}{4}$ teaspoonful mustard
1 small onion	2 tablespoonfuls butter
2 small stalks celery	2 tablespoonfuls flour
1 teaspoonful salt	2 hard boiled eggs
	1 lemon

Soak beans over night; in the morning drain, add celery and cold water. Cook

four hours or until tender. Cut onion in thin slices and brown slightly in the butter; add flour, seasoning, and bean water and pulp. Reheat to boiling, strain and pour over the egg and lemon which have been cut into slices.

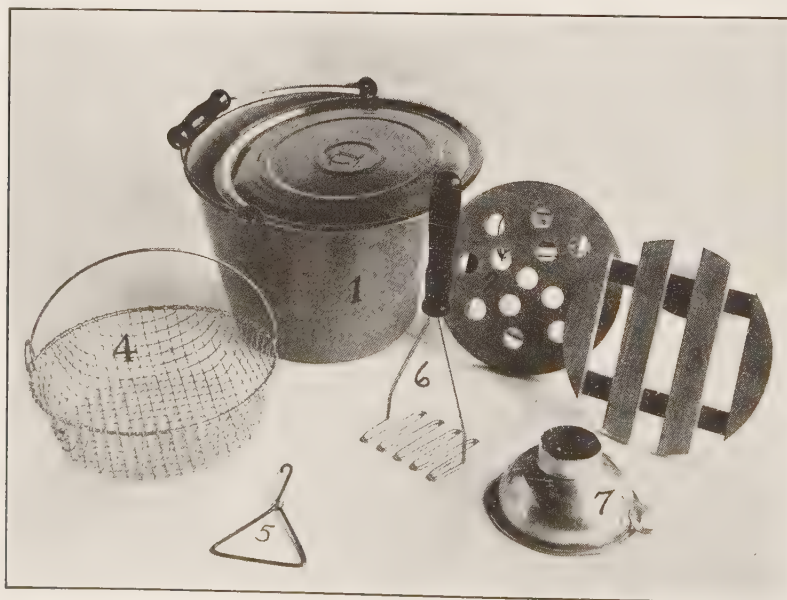
Green Soy Beans

Soak beans at least twelve hours — drain and boil in enough water to cover about four hours or until tender. Allow most of the water to evaporate during the cooking. When tender, add butter, salt, pepper and serve.

Yellow Soy Bean Soufflé

1 cup yellow soy beans	1 teaspoonful salt
2 tablespoonfuls butter	$\frac{1}{3}$ teaspoonful pepper
4 tablespoonfuls flour	2 or 3 eggs
1 cup milk	

Soak beans and cook in boiling water until tender, about four hours; drain and rub through a strainer. Melt butter, add flour and milk and boil one minute, stirring constantly; add 2 cups of the bean pulp, cool and add the beaten egg-yolks and seasoning. Beat the whites of the eggs until stiff and fold into the bean mixture. Put in a buttered baking dish and bake in a moderate oven thirty minutes.



A HOME-MADE CANNING OUTFIT

Baked Soy Beans

1½ cup yellow soy beans	¼ teaspoonful mustard
½ cup white beans	1 small onion
⅓ cup sugar	¼ lb. salt pork

Soak beans twelve hours, put into baking dish in which the salt pork, onion, sugar, and mustard have been placed. Cover with cold water, and cook in a slow oven at least twelve hours. Add water as needed.

Soy beans alone make a palatable dish when baked. In this case, two tablespoonfuls of flour should be added with the sugar to give the desired consistency.

Economical Use of Fats

Much fat may be saved by home rendering of the trimmings from fat meat, saving the drippings from bacon, etc., and by utilizing sour cream. This is valuable food and is wasted if it gets in the garbage pail. Some recipes were given in which some of these fats may be used.

Sour Cream Cake

1 cup sugar	1 cup sour cream
2 cups flour	1 tablespoonful baking powder
1 egg	½ teaspoonful soda
½ teaspoonful salt	1 teaspoonful vanilla

Sift dry ingredients; add beaten egg and cream, alternately. Bake in a slow oven.

Buttermilk Cake

2 cups brown sugar	2 teaspoonfuls soda
½ cup drippings	1 cup raisins
¼ cup nuts	1 teaspoonful, each, of cloves, cinnamon and nutmeg
3½ cups flour	
2 cups buttermilk	

Cream sugar and fat; add to this the dry ingredients which have been sifted

together and the buttermilk. Lastly, the raisins which have been chopped and the broken nut meats. Bake in a slow oven.

Sugar Cookies

2 cups sugar (a cup granulated and 1 cup brown)	2 teaspoonfuls baking powder
1 cup shortening	¼, each, of salt, cinnamon and nutmeg
3 tablespoonfuls cream	½ teaspoonful soda
1 teaspoonful vanilla	Enough flour to make a soft dough
3 eggs	

Roll thin, cut and place a raisin on top. Cut the size of a teacup. This recipe makes about one hundred cookies.

Preservation of Eggs in Water-Glass

A demonstration on home preservation of eggs was given. The housewife is urged to buy when eggs are plentiful and cheap, and put them away for winter use and help overcome the shortage of supply in the fall and winter. Then, too, she will have eggs at a time of the year when retail prices are sometimes prohibitive. The method of preservation used was that of water-glass. Water-glass is an almost translucent, odorless, syrupy liquid varying in price with localities but should be from 25 cents a quart to 85 cents a gallon. Water-glass should be mixed 1 part to 10 or 15 parts of water which has been boiled and allowed to cool. The eggs should be infertile, strictly fresh, clean, unwashed and free from cracks, with firm shells. The eggs may be put into the liquid "preservative" or the mixture may be poured over the eggs. The former method is to be preferred, as any eggs showing slight staleness will float and may be discarded. When the jar is full



SOME OF THE FINISHED PRODUCT

there should be at least two inches of liquid above the egg. After the jar is filled, the top should be covered tightly to prevent evaporation. Sometimes oiled or greased paper tied down over the top will keep the eggs air-tight. The eggs keep best in a cool cellar where the temperature varies but little.

Canning Pointers for the Cold Pack Process

To Blanch or Scald:—Place the material in boiling water or steam for the required length of time and immediately dip in cold water.

For vegetables, blanching is necessary:—to reduce bulk, to improve color, to remove objectionable flavors, to make intermittent sterilization unnecessary, to prevent product from becoming mushy.

For fruits, it is only necessary where it is desirable to remove objectionable acids and flavors.

Important Items in Successful Canning:
—Select good material; use good cans, new rubbers and test for leakage; can as soon after gathering as possible; blanch and cold dip vegetables; pack closely and carefully in clean cans; add water or syrup; leave $\frac{1}{4}$ inch space. A good formula for syrup is three quarts of sugar to two quarts of water, boiled thin, medium thin, medium thick, or thick.

A thinner syrup may be used but the flavor usually suffers. Place rubbers and top and seal loosely; sterilize the required length of time (count time after water boils); seal tightly at close of sterilizing period; invert to cool; protect from draft; protect from light to avoid fading.

Drying

The method of preserving food by drying has been known and used for generations, but has not been generally practiced for the homes since factory methods came into use.

Select fresh mature products, cleanse thoroughly. Protect from dust and flies during drying period. Dry slowly but thoroughly, either in stove oven, sun or in a drier. When dry, cool and air. Store in clean, thin, cloth bags, protected from the dust and flies, or in clean paper bags. Always hang in a dry place. Remember that dried fruit and vegetables are dry because the water content has been removed. This water must be replaced before using, therefore place the dried product in tepid water and soak until plumped. Cook slowly in the same water in which they were soaked in order to retain all food nutrients.

A demonstration of the drying of corn, peas, beans, Swiss chard, and cherries was given, the commercial dryer, electric fan and oven methods being used.

The Last Gift—Persimmons

Our thanks again, Demeter — not the least

Of all thy bounties do I lightly hold

Thy rosy nectarines, thy pears of gold,
Thy lacquered cherries. Never have they ceased

Thy rich bestowals, but thou crown'st the feast

With this consummate boon. When robins scold

And early rime silvers the russet mould,

By this new largess is our debt increased.

Slowly, so slowly, grows the copper flush

On the persimmon's globe of jade; but frost,

And rain, and sun paint gloriously! Now

see!

This sumptuous thing, too beautiful to crush.

In ruddy pulp my eager spoon is lost,

Sweet as the amber harvest of the bee.

— *Julia Boynton Green.*

Boys and Cookery

By Ladd Plumley

GEORGE WASHINGTON has always been, and always will be, held up as an example for American youth. From almost his earliest boyhood, Washington's reliance upon himself in every emergency and under every difficulty has brought the profoundest admiration from those who have studied his life. At the age of sixteen, when to-day most boys are in school, he personally executed the arduous, and, indeed, dangerous task of surveying that immense territory which was included in the estates of Lord Fairfax. And from his sixteenth year on, for some years, for the most of every summer, Washington spent his days in the dense forests of the frontier, frequently traversing the unmapped wilderness alone or with a single companion.

In those days there were no canned provisions, nor any prepared emergency rations. As was Daniel Boone, and indeed all the other colonial frontiersmen, Washington was forced to rely upon the backwoodsman's forest diet, together with the provender which he could carry on his own shoulders. Records prove that the colonial frontiersman cooked his own bread, as well as with his own hands preparing all the food which he ate. Hardly ever could a cook be taken into the wilderness. Cooks were not skilled woodsmen, and the long expeditions, on foot and through the ragged mountain country, required for the journey the skilled and trained explorer. Washington learned and practiced camp cookery. We know that on one expedition, from the Virginia settlements through the dense wilderness to the Ohio and back, he was for weeks with but a single companion, and for a time without any companion whatever.

It was so much a matter of course

that the colonial backwoodsman should be able to prepare his food with his own hands that it is difficult to obtain very definite information concerning what was eaten on these long journeys and how prepared. But that Washington could cook simple food and relied at times on his own cooking cannot be doubted.

As I type this article, it so happens that it is Saturday morning, and it so happened that as I went out before breakfast in the upper part of New York City to buy my morning paper, I almost stumbled into a group of five Boy Scouts, khaki-attired and away for a day in the open of Westchester County. One of the scouts was proudly showing to his companions a very neat and compact aluminum cooking kit. It is to be hoped that he is enough familiar with the kit to use it with satisfactory results. If he is, it is not because the art of cookery has been systematically taught him in his home or in his school, but, rather, because he is a member of the glorious clan of Boy Scouts. Any real training in cookery which has come to him has come to him because of that organization.

Not the least of the magnificent things which the Boy Scout movement has achieved is the training of its boys in the art of woodland cookery. Rough and Indian cookery it may be, but it is efficient cookery for the open, and doubtless among Boy Scouts can be found thousands of fair cooks.

Now the paper which it was my object to purchase, near where the bare-kneed little fellow was proudly showing his natty aluminum kit, gives a good half-column of its editorial page to telling the reader that the chefs of the best-known New York hotels will teach recruits and soldiers the culinary art. Pathetic? Well, rather! Suppose those young

men had never learned how to write, and suppose that now in early manhood the task was given them to master the pot-hooks of writing, instead of the pot-hooks of the culinary science! And that, mind you, with attention much distracted with learning in a short space of a few weeks all the other things which make a trained soldier! For one, I should hate to have to eat the food which those young fellows would prepare. To read the account of this offer on the part of the kindly and patriotic chefs, you might suppose that cookery could be taught as easily, say, as the opening and closing of an umbrella.

The only time for any human to learn to do things with their hands is in childhood. It is to be doubted if in maturity any one ever learned to play skilfully any musical instrument. All the great musicians began their practice in early childhood. And the art of cookery is no mean art. If any one doubts this, let him go into the kitchen and attempt the most simple of dishes. He or she who is to become really dexterous in the art of cookery must begin early in life. Every skilful cook will tell you that she — and with the exception of hotel chefs it has always been a she — began pottering around the kitchen when a wee bit of a girl.

I am ashamed of the confession, but in the middle fifties I must confess that I know almost nothing of the fundamental art — bread making. What a confession! Why, I suppose that during my lifetime I have eaten tons and tons of bread! Yet I have to acknowledge that, if I were left in a kitchen, with all the ingredients and all the appliances at hand for making a loaf of bread, I would have to begin with experimentation. I could not desire a worse fate for one of the enemy than to require him to eat that first loaf. I can cook a few simple dishes, and in the woods can cook fish, fry bacon, and make coffee. But looking back to my childhood I can see that I learned these things

as a small boy, watching my mother, and very likely bothering her to distraction, as she prepared breakfast or supper in the kitchen of a country parsonage. As a kid, if I had been kept rigorously away from kitchen pot-and-pan-dom I am certain that the little skill in the basal art of all living which is mine would be entirely absent.

War does many things. Among other things, war directs our attention to the fundamentals of life. On the frontier and in the backwoods, the fundamentals are always in evidence. The doctor is many miles away and a cut of an axe must have first aid and as soon as possible. You cannot send down the street for the doctor, or around the corner. So it is with other things. The pioneer must rely upon those near at hand or upon himself. Civilization and the life of villages, towns and cities lead the individual to rely upon others. War changes this, and in actual warfare not only the soldier but the citizen of the sacked city is thrown upon his own resources.

All of us will learn many valuable lessons from this world war. One of them should be the importance of training not only all our girls, but all our boys, every one of them, in that science and art which, since the world began, has been the basis for all other sciences and all other arts.

The Boy Scout journals, the managers of the glorious host, the Scout Masters, and the boys themselves are nobly doing what they can in this task. But all that the Boy Scout movement can do is far from what could be done, if every mother and every sister in the land recognized the importance of training son or brother in simple cookery. When wartime comes as it has come, the son or brother goes forth to what is a kind of desperate frontier life. For days and weeks he may be far from regimental camps and regimental cooks. Indeed, in emergencies, he may be assigned to take the place of the cook in the regimental camp.

With none, or only a few of the conveniences found in ordinary kitchens, he will be asked to cook for himself or others. And at any time he may be expected to prepare his own food. To believe that in a few days of instruction he should master one of the most difficult of the arts is so absurd that the notion again proves that sometimes man is only an irrational animal.

It is natural for us to think of the kitchen as the woman's territory, a kind of inner temple. Many housewives dislike to have a boy fooling around behind the household veil of Isis, by tradition sacred to skirted high priests. To say nothing of war times, when the hour comes, however, that Maria has evaporated, and Bridget has failed to show up, and Madam Brown has a splitting headache, and is, perhaps, taking what care she can of a midget Brown, it might be rather convenient, to put it mildly, if the father of the midget could prepare a simple meal. Instead of hopelessly wondering why supper was not on the table, if he had been instructed as a boy, he might turn in and prepare supper himself. Brown is an accommodating fellow, and if he knew how, he would find the task a pleasant change from office drudgery. Only in times of emergency would he be asked to "show off" his kid-learned prowess. As it is, probably Brown, if with his lack of training

he did turn in, would smash dishes into kingdom come, and perform all the other imbecilities which untrained masculines are expected to perform in the kitchen under such circumstances.

Perhaps it is almost too much to expect that very soon our public schools will take to training boys in cookery. But I, for one, not only hope for this, but am even enough of a minor prophet to foretell that this time will come, the time when every school boy in the land will be instructed, and in our schools, in preparing with his own hands simple food. Meantime the mothers of the land should take a little thought of the importance of teaching the small boy of the household how to make coffee and execute other juggleries with raw provisions. If he is a Boy Scout, he will be an eager pupil. If the day should come when he is called upon to fight for his country — and it may — there will be no need for hotel chefs to volunteer in the desperate attempt to give, in a few weeks, at maturity, what should have been instilled during some years and much earlier in life.

To sum up the whole matter: There is no man anywhere who would not be a more efficient citizen if, in emergencies, he could broil a beefsteak, cook chops, make coffee, bake a pan of biscuit, conjure an omelet, and, yes, — mix, knead, and bake a loaf of palatable bread.

The Forest Temple

Here, in this dim cathedral, shadow aisled,
Where rainbow tinted lights so softly play,
Soft floored with spicy fir, sweet carpet, velvet
piled,
And veiled from all the garish light of day.

Here, where the splendid living pillars grandly rise
To the far arching dome of misty green
That seems to stretch its mighty arms to meet
the skies
That bend above it, silent and serene.

Here, where among the shifting emerald leaves
The wind makes music ever, wild, sublime,
Strange harmonies, and mystic melodies,
A splendid symphony, unspoiled by race or
time.

Here is an altar, surely, for the King of Kings,
Where myriad birds a glorious anthem raise,
For sweet the peace this forest temple brings,
Here may we offer Him our thanks and praise.

— *Christine Kerr Davis.*

The Road to Economy

By Eleanor Robbins Wilson

THE road to domestic economy, like the road to heaven, is a straight and narrow path, beset by temptation at every step of the way, yet like the goal of the promised land our rewards are sure. To the average feminine mind, both destinations are somewhat shadowed with mystery, due principally to our vagueness of conception of what each really is. The youthful housekeeper is all too prone to associate the term economy with the pinching practices of stinginess and the kill-joy methods of housekeeping that make a skimmed-milk affair of life. Far from it! True domestic economy consists solely in getting the worth of one's expenditure, whether it be money, energy or time that is involved, and it is about the most interesting game a wide-awake woman can undertake. As a housekeeper and one who has been engaged in the aforesaid pastime for upwards of "umpty-um" years and one who has made "umpty-um" mistakes in the process, I am going to take a retrospective glance and enumerate just those milestones of the journey that have marked achievement. I shall confine myself to food provision, which in my estimation gains with each successive year an added dignity and importance. For does not this branch of household economics largely encompass the family's health and working efficiency?

No one can be an economical buyer of any commodity who hasn't some idea of its relative value, so my first great step of advancement lay in acquainting myself with food values in their relative worth in stoking the human engine. My menus are now built with a purpose, and the best of it all is the daily visible reward in the healthy development of one's family. *It pays!* And I

should like this salient scrap of testimony to be wafted to the four corners of homedom. This was my first worthwhile endeavor in the right direction, and proved to be a veritable cornerstone in establishing the food question on a business basis.

My next, and one of the most satisfactory moves, from an economical standpoint, was the placing of a weekly limit on food expenditure. I am confined to a stated amount each week and my business therewith took on the flourishing zest of making the money spent do the greatest good to the greatest number. One of our famous women novelists deplores the fact that with the smug complacency of middle-age we are not only liable to take on avoirdupois physically, but there is a tendency to grow fat mentally. Here, my good friends, is a remedy — the mental acrobatics of an intelligent provider in the face of war conditions.

In order to keep track of my expenditures, an account book was necessary, and my third progressive step was simultaneously registered — the birth of the household budget. This has been of inestimable value to me, as, from week to week, I am able to compare notes and detect many instances where improvement can be made.

Perhaps no greater aids to economical buying can be readily summoned than those very "gold-dust twins" of efficiency — Market Reports in the daily paper and Personal Marketing. So when I came to be a faithful consultant of the market news and a regular market shopper I found that I had passed two more significant stations on the road to thrift. For it cannot be denied that to be conversant with what is seasonable and cheapest and to be Johnny-on-the-spot for a desirable choice are both bold

strides toward the given end — economy. I know it from actual test.

Having made my purchases, then the sixth and one of the most important factors looms in sight — the elimination of waste. This demands a knowledge of cookery, the art of using leftovers and making each morsel, fit for human consumption, yield its quota of nourishment. True economy will always eliminate table waste and utilize the food for its primary use, that of feeding human beings. This preachment may not be amiss in my locality, especially since once Puritanical, thrifty Boston now ranks as one of the most wasteful cities in the Union in the matter of table waste and garbage.

Statistics give the annual amount as 188 pounds per capita. And it is only recently that the Secretary of Agriculture stated that the annual waste in the homes of this country reached the appalling figure of \$7,000,000, due, principally to good food being thrown either in garbage pails or in sink drains, food allowed to spoil in the household, food ruined by improper cooking and food destroyed by mice, rats and insects.

I believe the waste in the average home is due mainly to a lack of thriftiness in using leftovers, and just as true as "a good workman is known by his chips," so a trained housekeeper is to be judged by what is poured from her workshop into the garbage pail. Here is where experience counts. Every bit of leftover that is edible can be used in some kind of an appetizing dish. Not a scrap of meat or fish should be wasted. Bits of leftover vegetables can be used in salads and hashes; every bit of stale bread is available; cold cereal, if of sufficient quantity, can be turned into a mold, sliced and fried, and when eaten with butter and maple syrup is a sustaining dish. Even a small quantity can be utilized in making muffins or to thicken sauces and gravies. Sour milk must be pressed into efficient service. All superfluous fat should be cut from

meat and tried out. Bacon and ham fat are adaptable for use in hashes and in frying potatoes; beef drippings may be used in ginger bread and various spice cakes, etc. I even save the water in which vegetables have been cooked and add to my soups and stews.

Every field of endeavor has its pleasant experimental phase, and herein lies the fascinating part of cookery — the happy climaxes reached in toothsome side-dishes that are the reward of a bit of adventurous pioneering in the way of daring combinations. Moreover, this is a department of housekeeping that should compel our most faithful allegiance in the crisis we are now confronting. It is where co-operation will count. The loss of one ounce of meat a day in 20,000,000 American families is equal to over 875,000 steers a year. The loss of one slice of bread in 20,000,000 American families is equal to over 1,000,000 one-pound loaves a day.

Aside from keeping strict guard on what is thrown away, careful storing methods plus a good refrigerator will do much to eliminate unwarranted waste. This can be further supplemented by a three-fold supervision: First, by seeing that valuable food elements are not wasted in the preparation of food; second, that food isn't spoiled by poor or careless cooking; and third, that an over-abundance is not served at a meal.

The road to Economy, like that to Tipperary, is a long, long way, and now, in the lowering aspect of the war situation, I am just hovering about my seventh achievement — the building of inexpensive menus. It calls for the combined ingenuity of a French chef, the patience of Job and the wisdom of Solomon.

Inelastic as funds are, I try always to carry in mind the chief purpose of food by remembering that I am not alone supplying fuel to the human engine for power to work and for energy, but for replacement of worn-out tissue as well;

against which, if neglected, we have no redress for those weak spots that are ever a welcome invitation to the vigilant disease germ. It is far safer and saner to pay the provisioner than the doctor.

The less expensive menu means a simpler menu. Nevertheless, it can and must be a balanced ration, and it necessitates careful planning. As a nation we are too heavy meat-eaters. I now use less meat than formerly and have further minimized meat bills by the occasional employment of less expensive cuts which, let me say in passing, call for more careful cooking than those of finer quality. Not infrequently we enjoy a meatless dinner, using in its place fish, baked beans, a wholesome cheese dish, an omelet, which, by the way, may contain a sprinkling of ham or cheese. In curtailing in this manner, my strong allies are the cereals. I know that by using entire wheat flour that one is able to do with less meat. It is throwing away the vital elements of wheat for white flour that makes us turn to meat to supply it. I further cut my flour bill by using much cornmeal and making oatmeal cookies, muffins, etc. While on the subject of cereals, I should like to call attention to the good old-fashioned New England scrapple made with cornmeal and sausage that is both economical and satisfying. In addition, milk, fruit and vegetables are the last articles of diet I should diminish except through direct necessity. While macaroni, rice, some of the cereals and bread may in a way afford starch substitution for potatoes, they do not replace them. As has been explained the body burns meat into an acid ash and potatoes into an alkali ash. The two ashes neutralize each other. If rice or macaroni is used instead of potatoes, it is imperative some

other alkali-producing food, such as spinach, turnip greens, beet-tops or radishes, be used to supply the defect. Let us bear in mind that while unpolished rice is an healthful food, it is almost impossible to buy it anywhere. And polished rice is a decidedly inferior substitute.

In war times, we can all economize on sugar. Like meat, the over use of this commodity forms another of our dietary sins. The simple desserts are by far the most wholesome. Eliminating rich puddings, cakes and pastries and resorting to the various fresh and stewed fruits with an accompanying wafer cookie or portion of light cake, or, now and then, a delicate blanc mange, chocolate pudding etc., will be found to be an important move nearer economy and health. In making cake and in innumerable recipes calling for butter, I now use a good brand of oleomargarine in its stead. This has had a very beneficial effect on my butter bill.

Further simplifying of menus consists in tabooing those condiments, relishes and delicacies whose prime function is to make food palatable, and it means a telling thrust at reduction.

These then are the significant steps that experience has led me on the road to Economy and we are still "going some." How many of us are headed in the same direction! It now seems like a case where all roads lead to Economy. The war, dark and ominous as it is, will help us a long way toward scientific and healthful living. Our foremost aim should be for discrimination in the matter of selection, and our indelible slogan, prudence, care and eternal vigilance. The cook, like the soldier, must show her mettle. Now is the time for her to begin.



Boardin' Mandy

By Helen Forrest

WE sat down helplessly in our deserted, terribly ordered kitchen. I, Janet Brown, spinster, and my sister, Frances King, widow. Down our suburban street we were watching the progress of a short, sturdy figure carrying a suit case and surmounted by a huge black hat, trimmed with red roses many and bright, our departing Mary. Not only Mary, going blithely to her mature bridegroom after her ten years in our kitchen was off and away, our domestic peace and comfort were going with her — that we knew well. From our serene attitude of assured service, we were to descend into the maelstrom of "changing maid."

Frances pointed mutely at the freshly laundered curtains, the spotless kitchen, the bride-elect's final bit of thoughtfulness for us.

I nodded, for the moment conversation was beyond us, as we thought of the years of faithful service and the tearful good-bye of our departing assistant, dimming for the moment her triumph over her coming wedding.

"She came here ten years ago", began Frances, "the year that —" she broke off, fingering her blue morning gown with a reproachful air.

I quickly steered the conversation away from this danger zone, realizing that it was I who had persuaded Frances to drop the mourning she had worn for eight years in memory of her husband of six months, and she had not quite forgiven me.

"That's so," my cheerfulness was a trifle obvious, "and mighty helpless she has made us with all the care she took of us. I never believed she would marry that long-suffering John White; the name White is a comedy note that has no place in this tragedy."

"Did you get the recipe for her

muffins?" enquired Frances, and I breathed more easily.

"I tried to" I answered, "but they're all to judgment — 'jes' a little,' 'much as I need,' and that sort of thing, was all I could get out of her. I do hope Mandy will prove to be a good cook."

"Oh, Mandy," Frances looked worried. "I don't like that name, it doesn't sound steady and dependable, and our whole idea in getting a maid from the South was to find one who is unspoiled and who knows her place."

"Well, here's hoping." I answered, "and now let's be off for town and lunch on the handiwork of some competent chef. We'll be home in time to welcome Mandy and tell her what we want for breakfast. Her room is ready; I think the hardest thing Mary had to do was to get her room in order for another maid to occupy."

And in the early evening, as the street lights were flaring up, we opened our doors to greet Mandy who was convoyed by our laundress' son. Our new maid was tall, slight and flashily dressed, a bracelet watch on her thin dark wrist, langour unutterable in every motion. She looked on while we hastily concocted a sort of hot supper, and she volunteered the information that she had come a "right long distance." As she drew up a chair before the meal our unfamiliar fingers had made ready, she amazed us by inquiring whether we knew of a good elocutionist, as she wanted to take some lessons while she was "up North."

Breakfast at our house is a simple meal; some fruit, ripe or stewed, a cooked cereal, dry toast with a scrap of marmalade, an egg, or a bit of bacon, and coffee. In the reign of Mary, the morning meal seemed an insignificant detail, appearing in its perfection with no apparent effort, — the cereal fresh

from an overnight in the fireless cooker, the coffee bubbling brownly in its percolator, and toast and bacon or egg, cooked while we ate our fruit and cereal, coming, piping hot as a final thought.

So it was that with a cheerfulness quite unwarranted, that we gave the breakfast order. We expected to refer Mandy to our orderly line of cook-books when more complicated dishes were required, but here was clear sailing.

Our new maid eyed with distrust the fireless cooker. "Ah'll just cook that oatmeal mahself, Honey" — this to the dignified Frances. "Ah'll just fix everything all nice."

Frances and I met on the stairs the following morning at eight o'clock and descended to the dim rooms where no shades had been raised.

Letting in the daylight, we stopped to straighten the helter-skelter breakfast table where silver and china lay as if in the wake of a cyclone.

Sobs issued from the kitchen where Mandy sat on the floor, her apron over her head, around her the fragments of the glass globe of the percolator. On the stove particles of cereal floated in a sea of cloudy water, cold burned bacon occupied a large frying pan, and some half-toasted bread waited on a tin pan on the kitchen table. These ghastly preparations stimulated me to a show of cheerfulness.

"Get up, Mandy," I cried almost joyfully, "everybody breaks things sometimes. I have another glass globe, and now you and I are going to hurry on breakfast."

Frances, her expressive face illustrating supreme disapproval, was bringing out butter, cream, marmalade, the familiar trappings of the morning meal. I filled the coffee pot, discarded the cereal-water in favor of some hitherto despised dry, ready-made breakfast food, threw away the bacon, and secured two eggs to be boiled on the table in the chafing dish — the only implement I seemed to feel sure of. Mandy looked

on dully while I flew about. I ordered more toast, and later discarded her second attempt in favor of the contents of the cracker-jar.

"Tomorrow morning, I am coming down at half-past seven," I announced to Frances later on. "I have ordinary common sense, and I can tell Mandy what to do, or even do it myself, but one such breakfast as that will do."

"I'll come, too," announced Frances briefly. "I'll take up the dusting; I'm afraid I hurt Mandy's feelings a little while ago by requesting her to dust the room. She said she had just finished. I can't really be blamed for my mistake, since the dust was all there."

We settled down quite naturally and perforce, did Frances and I, to our new work—I to the cooking, she to the second work.

"You show me once, darlin'," said Mandy to me, her constant companion in the kitchen. "I always knows how after that," but not once, twice or thrice availed to show the way to our cheerful, kindly and utterly incapable acquisition. Great waves of enlightenment were sweeping over me; a dawning respect, wonder and admiration for a person who could do the work of a house; an interest in the following out of recipes, vague venturings into the land of "to judgment."

And Mandy washed the dishes and answered the bell, did some simple tasks like preparing vegetables, let the range fire go out regularly and systematically, but chiefly stood at my elbow in child-like dependence, for all her lordly stature, telling me of Ephrum, Ephrum, her beloved Ephrum, whom in hours of discouragement I came to look upon as a great deliverer. Some day Ephrum would come to claim his bride, this trusting big child, whom I could not send away after her long journey up from the South, and she could go with him to gladden his heart with her one accomplishment, the making of hot breads of various degrees of deliciousness and indigestible qualities.

And Frances, now the proud possessor of a line of bungalow aprons, actually sang over her work; her hands enveloped in loose dusting gloves, her cheeks pink from exercise, and no word about indigestion though my experimental dishes crowded our festal board.

Two weeks of our new ménage and Mary, our bride, resplendent in rainbow colors, appeared at the kitchen door to see how we were getting on. From the face of her beaming successor, Mary turned eyes of horror on me at my mayonnaise, gasped at sight of Frances entering stately caparisoned in bungalow apron, and carrying her dustcloth. I saw Mary's rising indignation, and told her to come into the living-room and see the new curtains. Once there, the torrents of her wrath broke; "What she do anyway, that black trash in the kitchen? My Miss Janet cookin', an' my Miss Frances dustin'! My! I tell you what you all doin'! You're just boardin' Mandy — that's what you're doin'!"

Her wrath died before a wave of pity. She pulled the white gloves from her capable hands where shone the fateful wedding ring. "John White, he says I don't do no days' work for nobody, but just tell me when she gets her day out — I s'pose it's Thursday — and I'll just come back here and put in one good day cookin' and clearin' up."

A week later Mandy came to me with the air of one who unwillingly, but, perforce, prepares the way for a great shock. "Miss Janet, honey," she began soothingly, "Ephrum, he's a mighty smart fellow, and he's sort o' got promoted, he has. He kind o' wants to get married, just natchilly. Now" — hastening to reassure me — "he knows how mighty good and sweet you been to me, an' he says I mustn't leave you till you get some one else to do the work, but *when* you do he's goin' to come up here an' take me down home."

Again the god of love was invading our kitchen, but this time we flung

open the doors, and scattered flowers, so to speak, in his path.

"Why, Mandy!" I cried, "you mustn't keep Ephrum waiting. You tell him to come right along."

As I saw this honorable means of ridding ourselves of our kindly boarder; as I recalled Mary's thinly veiled petitions for some regular days' work, which should restore to her the sweets of independent earning, my spirits rose.

"Don't you keep him waiting, Mandy," I urged, "Miss Frances and I will buy your wedding dress for you, white slippers and all."

The bait was alluring, but Mandy had conscience. "But who's goin' to take care of you and Miss Frances? You can't do the work — it ain't right for ladies to be doin' work. And I do suttinly hate to go home before I've had my elocution lessons."

I didn't even smile; the big child was honest in her desire to take care of us. The elocution lessons, too, had evidently been a long cherished dream.

"Everything will be all right, Mandy," I reassured her. "I think I know some one who will come and help us, and I am sure you can take some elocution lessons after you go home. You just write Ephrum that we can spare you any time."

Honest Ephrum came, and more bride's tears bedewed our threshold, — surely a weepy place.

The day following his arrival, Mandy sped southward with him, and our Mary returned to her own, arranging matters in some unknown fashion with John White, destroyer of our domestic peace.

And now, to a household of women, to a small household of any sort, I cheerfully recommend our altered way of life. A peaceful path, bounded on one side by the unkempt but friendly territory inhabited by Mandy and her like; on the other hand by the well-cared-for vineyards of the Mary class. We do not wish to reside in either

section; we have come to know independence.

Three days a week Mary White cleans, cooks and cares for us generally. On those days we do our domestic social duty. We entertain with the calm assurance that all will be well, or we relax peacefully to luxurious days. The other four days of the week Frances and I do for ourselves. We cook what happens to appeal to us, realizing sometimes, with an actual feeling of

disloyalty to our faithful Mary, that it is a relief not to plan meals to suit the ideals of the maid in the kitchen.

Again, we lock the doors of our orderly domicile, order no meals at all, and are off for a cheerful day in town.

We say that some day we are going abroad, or to the coast, on the money we are saving. I feel ten years younger because of my healthful housework, and Frances — why, Frances has just bought a pink hat!

Be Patriotic and Eat Rye Bread

By Helen S. Johnson

COMMISSIONER HOOVER has been quoted as making the statement that every man, woman, and child in the United States must eat one loaf of wheat bread less each week, from this time forth, if we are to have enough wheat to meet the bare needs of our own people and our allies. A very large proportion of the population of Europe is becoming almost entirely dependent on us for food. The need for American food supplies is infinitely greater than the need for American troops. If the women of America can go to work systematically to save wheat to ship to our allies, they will do more to win the war than vast armies of our young men could accomplish by going into the trenches. It is not enough to bake a batch of corn-bread, now and then, and talk patriotism. It is the duty of every housewife in the land to see to it that every member of her household actually consumes, at least one loaf less of wheat bread each week, in order that the demand for wheat flour in this country may be definitely reduced and an appreciable portion of our wheat supply be conserved for the use of our allies.

One of the leading Berlin newspapers recently announced, as a cause for great rejoicing, that the American wheat supply was very low and that all indications pointed to a poor wheat crop for the coming season. The writer went on to state that, although the rye crop in the United States bids fair to be excellent this year, it would not relieve the situation, for the reason that the American people, unlike the Germans, had not learned to depend on rye to any extent as a wheat substitute. Here is an opportunity for American women to prove their adaptability in an emergency. If we have never learned to eat rye, now is the time for us to jump in and eat it without taking time to learn. It is worth while for the patriotic women of America to learn how to make bandages for their soldiers, but it is far more important, if somewhat less romantic, for them to learn how to make satisfactory substitutes for wheat bread.

Rye is capable of being grown over nearly every agricultural area of this country at an average cost of from fifteen to twenty dollars an acre, which is a few dollars less than the cost of growing wheat. The rye crop, moreover, is much

more certain of being a success, as it is affected less by the accidents of weather. It has never been cultivated to anything like the extent of wheat in the United States, only for the reason that the demand for it has been comparatively limited. To alter this situation, we have only to go to the baker's, day after day, and call for rye bread, and to the grocer's and demand rye meal.

Rye is a health food. There is more nutriment in a rye loaf than in a loaf of white bread of the same size, the difference being chiefly in the proportion of digestible carbohydrates that supply the human body with fuel. Rye is also extremely valuable for its mild, non-irritating laxative effect, which renders it a particularly desirable food for a large number of people, children as well as adults.

There are very few people who do not like the taste of rye bread and rolls, if they are properly made. On the other hand, there are very few cooks who know how to make them properly.

The following is a simple recipe for two loaves of rye bread:

4 cups sifted rye flour	1 cake compressed yeast
2 cups wheat flour	$\frac{1}{2}$ cup lukewarm water
2 cups milk	1 extra cup white flour
4 tablespoonfuls sugar	to be used in kneading.
4 tablespoonfuls of butter (or butter substitute)	

Bake about forty minutes in a moderate oven.

Caraway seeds may be used, if you are sure the family really likes them, but it is a mistake to use them the first time you are trying to educate the members of your household to the point of eating rye bread in place of wheat, because very often a fancied distaste for rye has its origin in a very real dislike of caraway seed.

There could be no greater treat than hot rye rolls for dinner, made almost entirely of rye meal, with sour milk (or buttermilk) and baking soda, and only a half cup of white flour. The recipe is as follows:

$1\frac{1}{2}$ cups sifted rye meal	1 cup sour milk (or buttermilk)
$\frac{1}{2}$ cup white flour	1 egg, well beaten
1 teaspoonful salt	1 teaspoonful baking soda, dissolved in lukewarm water
1 tablespoonful melted butter	
$\frac{1}{4}$ cup sugar	

Bake in hot roll-tins thirty minutes.

Delicious breakfast muffins can be made by substituting rye flour for three-fourths of the wheat flour in any good recipe. The following is a good, economical recipe for rye muffins:

$1\frac{1}{2}$ cups sifted rye flour	1 cup milk
$\frac{1}{2}$ cup wheat flour	$\frac{1}{2}$ teaspoonful salt
1 tablespoonful butter, melted	4 teaspoonfuls baking powder
1 egg	

Rye is an excellent substitute for wheat for use as a breakfast cereal. A bowl of rye mush is far more nourishing and healthful than a dish of farina or any of the patent wheat cereals. It would be entirely possible for any patriotic household to forego entirely the use of wheat cereals for the entire period of the war by substituting oatmeal, rice, hominy, corn meal, and rye mush. Rye mush may be cooked in boiling salted water like any other cereal food, but it is more palatable as well as more nourishing if made with part milk. For a family of six persons, use two cups of milk, two and one-half cups of water, two and one-half teaspoonfuls of salt, and one and one-fourth cups of rye meal. Let the milk and water come to a boil, and, while actively boiling, stir in the meal very slowly, a little at a time, to prevent lumping. Let cook in the double boiler for twenty minutes or more.

Rye flour is excellent for dredging meat and fish to be fried, and can be used to advantage in making croquettes and fritters. It is suitable for almost any use to which cornmeal can be put.

It is safe to predict that, if patriotic housewives once form the habit of using rye flour as a means of conserving the wheat supply for the duration of the war, they will keep on serving rye bread and muffins as a special treat to their families long after the war is over.

Pea-Pod Soup

Pioneering in Food Conservation

By Helen G. Bragdon

PHYLLIS lived in the Pea-Pod. And oh dear, what a snug fit it sometimes seemed!

But she and Phillip and the three smaller and rounder P's had never seemed to fill the little green-gabled cottage quite to bursting until last spring, when they had planned to enlarge the Pea-Pod by a room or two, —and couldn't "because of the war." Then Phillip began to wear suits longer between pressings. The three small P's learned to eat up all the crusts and gravy. And Phyllis herself entered her kitchen with new determination in her eye.

It happened to be the day for peas, and a huge bagful of the fragrant green things stood on the table. Phyllis got her bowl, and seated herself to the pleasant task of shelling, her mind busy meanwhile with problems of household waste, and thrift. Suddenly, a thought seemed to strike her, born perhaps of the slow-filling bowl and the fast-growing heap of empty pods. Her fingers flew more eagerly than ever, as she exclaimed aloud: "Of course! Why not? Why throw into the garbage pail three-quarters of the fifty cents I paid for this bagful? I'll try it anyway!" She could hardly wait to crack the last pod. Then she jumped up, reached for the hitherto-wasted green mountain, and, after washing it thoroughly, tucked it cozily into a covered kettle with a good-sized onion and water enough to half cover it. Leaving her new concoction to simmer peacefully for two hours or so, Phyllis betook herself upstairs, thrilled with the spirit of a Peary or a Stephanson. By and by

she descended once more to the kitchen strained off the broth, and set it away to cool.

At dinner time unwonted mystery and suppressed excitement, mingled with a slight evidence of anxiety, prevailed about the mistress of Green Gables. When Phillip and the three small P's sat down to cups of something hot and savory of smell, she announced shakily, "This course is a guessing game. Let's see who will recognize it first!" Phillip took a spoonful, cast his eyes heavenward, and exclaimed: "Nectar! No one with a palate could fail to recognize it, my dear!"

The three small P's also "satisfaction expressed," as they dipped in their spoons, and partook "with much zest."

"Bully! Who made it?"

"Beautiful Soup, who cares for fish, Meat, or any other dish?"

"It's the goodetht thing I ever tathted! Can I have thome more?"

These were their very words!

Phyllis sank back in her chair, smiling and relaxed. She thought of the simple preparation of the "nectar," — a tablespoonful, each, of flour and butter browned together; of the salt and pepper, and the cup of milk added slowly; and especially of the small bowl of brown liquid poured in, in true pioneer spirit, with firm hand, albeit a quaking heart. Then she beamed afresh upon her hungry family, as she triumphantly remarked: "Avaunt Waste! Hail Thrift! One more really pleasant way to save! Promise me you'll always like it if I but reveal its name? Very well, then,—the mystery is nothing but Pea-pod Soup, my dears!"

Porridge Pointers

By P. B. Walmsley

THE use of oatmeal porridge as a breakfast item for a family is economical. In our household it is used by all, including a two-year-old and an eighty-two-year-old.

We purchase the flaked oats by the 90-lb bag — the cheapest way, — and empty it into two flour tins. These stand in a corner of the kitchen ready for use, mouse-, dust- and damp-proof. The strong flat covers make them like little tables, so that the space they take up is thus utilized.

Many people make a bugbear of porridge. They take the long way in cooking it, and in cleansing the utensils. They dread the time and trouble involved, which is needlessly increased. To use a single saucepan and have to stir continually to prevent burning is the long way. So, too, is using a double saucepan and partly boiling overnight, "to save time in the morning." And generally the porridge tastes flat with the cooking by instalments.

For the short-cut method, use the double saucepan in the morning. If in haste, put about a third only of the necessary water in the inner saucepan, and about the same in the outer one, and place separately on the range, with the lids on, when the kettle is put on. The smaller quantity of water will boil more readily. When the water in the inner saucepan is boiling, pour in the flaked oats, stirring it in with a wooden spoon; add the remainder of the water needed from the kettle; leave the porridge a little while till it boils again, then place the inner saucepan in the outer one, first filling that up to the right amount; add a teaspoonful of salt and stir in.

Then, with an occasional stir, the porridge will cook in about twenty minutes. Of course, keep the lid on. Before stirring in the flaked oats, get out the porridge plates, and you can lay the spoon on these to avoid messing the table. Serve from the saucepan to the plate in the kitchen, always replacing the lid. Immediately after serving out the last of the porridge, fill up the saucepan with water right up to the brim, and replace lid, leaving in same position on the range.

Many people leave the saucepan lying just anywhere, or simply put only a little water in, and perhaps no lid on it, and call that "putting it to soak." They lay up trouble for themselves in scraping off the hardened sides of the saucepan. By filling the saucepan you avoid that.

When washing up, leave the saucepan till after the plates, etc. You generally want more hot water at the tail-end of the job, for dishes which are greasy, etc. You find it all ready in the saucepan, at the opportune moment. Pour off the water gently into the dishpan, finish your dishes, and then tackle the empty saucepan, which will then be literally a "soft" job instead of a hard one. It will soon be ready to be put away till next morning.

We reckon about half a cup of flaked oats for each person. That makes a good plateful. So if our numbers vary, we always know the quantity required. Guessing the quantity by handfuls, etc., is uncertain and leads to waste, if too much, and dissatisfaction, if too little. And, by the way, the effect of oatmeal on water is to soften it, and the housewife will find that the oatmeal-tinctured water is most pleasant to her hands.

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(Signed) HERBERT B. BAILEY.
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Refuge

From my spirit's gray defeat,
From my pulse's flagging beat,
From my hopes that turned to sand
Sifting through my close-clenched hand,
From my own fault's slavery,
If I can sing, I still am free.

For with my singing I can make
A refuge for my spirit's sake,
A house of shining words, to be
My fragile immortality.

Sara Teasdale.

MY COUNTRYWOMEN:

ASK your help.

The President has laid upon me and has asked me to assume great responsibility in the conservation of the food supplies of our country. It would be an unbearable burden but for two reasons:

One is I am sure every loyal American will at this time undertake unhesitatingly and whole-heartedly whatever service is required of him.

The other reason is — the American woman. I believe you have only to understand the food needs of this nation, of the Allies, and, in fact, of the entire world, in order to enlist your immediate and intelligent support.

I realize full well that 70 per cent of our households are conducted with thrift and without waste, but even in these we need to secure the use of equally good food in substitution for those commodities which are of so concentrated a character that they can be shipped over the seas in these times of short shipping.

Among the thirty percent, it is true enough that we have deserved the reputation of the most wasteful house keeping in the world, and the time has come to turn our faces squarely in the opposite direction and make our country a model throughout, of economical management.

Indeed, if our American ideal of a square deal is right, we can do no less.

For three years now the people of the Allied countries have borne the burden of this struggle for life and liberty, and are bearing it with pain and privation. There are millions of women in Belgium and Northern France today who for three years have heard no word of their husbands, their sons or their brothers, who go about their daily tasks provided with the most meagre allowance of food for their children, with a smile on their lips.

It is for women such as these, for soldiers gallant beyond description,

for little children of Europe, that you now face the immediate duty of taking up arms, as it were, in your households. You are a great army drafted by conscience into what is now the most urgent activity of the war — that of increasing and conserving the food supply.

Conditions which have brought about a world shortage of food have placed upon the shoulders of you, the women of America, to a great degree, the responsibility of winning this war, for the wolf is at the door of all the world except our own country, and we have a superabundance.

We are not alone appealing to the women; we are actively organizing, so far as possible without legislation, the men in trades, hotels, restaurants, and in food distribution, hoping not only to eliminate waste, but to moderate the burden of speculation and extortionate profits.

It stands to reason that your first duty is to the members of your family. They must have all the food they require to keep them in good health and capable of performing efficiently their daily tasks. Information for your guidance as to the food needs of the average family will be put in the hands of every earnest woman in America.

In confidence I turn to you so to conduct your affairs, and so to influence the activities of your community, that we may largely pay for the war as we go along out of our savings in food and in human production.

With deep gratitude for the earnest support already given me, I am,

Faithfully yours,



RIGHT AND WRONG

KANT said two things filled him with ever-increasing wonder and awe; the star-strewn deep of space above him, and the moral law within him. In these troublous days truth and error, right and wrong seem to be in a muddle.

Many are inclined to ask, what is truth anyway? And yet in every event and especially in every great war, there is a right and a wrong side, an aggressor and, consequently, a transgressor — in short, whatever the issue may be, great or small, in it the question of morality is involved, which inevitably comes up for decision. As our poet has expressed it:

“Once to every man and nation comes
the question to decide,

In the strife of truth with error, for
the good or evil side.”

With matters such as these, it seems to us religion is chiefly concerned. Unless our religious teachers have strong and well-grounded convictions on these subjects, unless they are teaching high standards of morality and character, what are they preaching at all for? Why do they not quit preaching and proceed to raise corn and beans or do some other useful work?

In spite of present-day confusion of thought and ideals, in spite of the mild pacifist with his untimely doctrine and faith, based on an illogical assumption, we refuse to believe that nobody began this war and, in consequence, nobody is responsible therefor. On the other hand, we are constrained to maintain the old idea that right is right and wrong is wrong the world over, and “to hold these truths to be self-evident: that men are endowed by the Creator with certain inalienable rights, and that among these are life, liberty and the pursuit of happiness.” Now these truths are ever and always to be upheld and maintained, else life is not worth living.

FAIR PLAY

CAN anyone give good and sufficient reason why the German language or, in fact, any foreign languages should be taught in the public schools of the United States? We deem it quite sufficient that our own English language be taught thoroughly to every pupil

who attends our public schools, leaving instruction in foreign tongues entirely to higher institutions and elective courses.

Certainly we are not likely to find the English language taught as a prescribed branch in the schools of Europe; why should European languages be taught, on demand, in the schools of America? We do not wish to impose on others or be imposed upon ourselves. Let us be strictly fair and just in giving and taking.

While other languages are good and admirable and often desirable, for many reasons, to be widely cultivated, we are proud of our English as written and spoken. Its rise, growth and achievement are features of history. It is good enough for us and we have no desire to see it supplanted. Like all other languages English has grown up with the development of a race and it will die only when the race dies. The peace and prosperity of America is dependent on the public school and the instruction given therein.

INDEPENDENCE

THE boldness of independence is not all modern, and we find fraternal hands sometimes more readily in ancient words of freedom than from many a contemporary. In days when kings claimed divine right to have things their own way there were not wanting other men who held their way as something divine. The reason why English history seems peculiarly our own is not merely that our language is English, and so many of our roots are there, but that the spirit and force of liberty find there so many illustrations. The grim humor of the situation was not always on the side of the sovereign who could say, as Elizabeth did of a bishop who preached pointedly against vanity and extravagance in decking the body too finely, If the bishop held more discourse on such matters, she would fit him for heaven, but he should walk thither

without a staff, and leave his mantle behind him. When James I. threatened to remove his court from London and bring ruin to Londoners for their disobedience, the Lord Mayor replied, "Your Majesty hath power to do what you please, and your City of London will obey according; but she humbly desires that when your Majesty shall remove your courts you would please to leave the Thames behind you." The Kaiser who would have the world at his feet would do well to ponder this matter.

—*The Christian Register.*

A soldier in the English army wrote home: "They put me in barracks; they took away my clothes and put me in khaki; they took away my name and made me 'No. 575'; they took me to church, where I'd never been before, and they made me listen to a sermon for forty minutes. Then the parson said: 'No. 575. Art thou weary, art thou languid?' and I got seven days in the guardhouse because I answered that I certainly was."

A Midnight Reverie

I looked across the moon-illuminated lake
At the lonely midnight hour
And I wondered at the power
The silent, awe-inspiring pictured majesty
bespoke!

I saw the distant, dark-horizoned shore
With its candle-flickering glimmer,
Which in time grew dim and dimmer,
Until the faintest glimmer disappeared and was
no more.

As I beheld the waters still and gray,
God's bright lanterns, twinkling, dancing,
Shone like diamonds so entrancing,
Along the beauteous, silvern star and luna-
lighted way!

A passing cloud obscured the view a space —
Quickly my imagination
Pondered o'er the situation —
A very like example in life's problems I could
trace.

It is the silent darkness of the night
That unfolds such transient beauty —
So it takes life's irksome duty.
To bring the dormant soul's divine inheritance
to light!

—*Caroline Louise Sumner.*



MAKING READY FOR SWEET PICKLED PEACHES. Query No. 3866.

Seasonable and Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

SUGGESTIONS FOR OCTOBER

WHEN making bread with corn, oat or barley flour or meal, allow one to two cups of any one of these varieties of flour or meal to each pint of liquid used. If meal be used, pour the hot liquid (skimmed milk when available) over it; add the salt, sugar and fat, and, when cooled to lukewarm, add the yeast and white flour to knead. A pint of liquid makes dough for two ordinary brick-shaped loaves of bread.

When making chowder (fresh fish) and canning a portion for use later on, add no milk to the portion canned; but add the milk, hot, when reheating the chowder; by this means curdling of the mixture will be avoided. A recipe for chowder with suggestion for canning was given in the August-September number of this magazine.

When making Parker House or other yeast rolls, add one cup of bolted (fine) cornmeal to the sponge with the shortening, then finish with white flour. When making a Vienna mixture (eggs are used), use a cup of cooked squash. A cup of the meal and squash is added when a pint of liquid is taken.

Soufflés made of spinach, string beans, onions, cauliflower, and, in fact, most vegetables, supply a good way of using one cup of left-over vegetable. Two or three eggs may be used according as desired. Cheese may be added for a more hearty dish. When both eggs and cheese are employed, the dish becomes a satisfactory meat substitute.

Nuts are now seasonable; almonds, Brazil nuts, filberts, peanuts, butternuts and walnuts may be used to replace meat; while chestnuts, which are largely carbohydrate, may replace bread.

To keep in mind a few proportions does away with a blind dependence on many a recipe, as, for instance: An ounce of gelatine will jelly a quart of liquid; a teaspoonful of salt will season one quart of material as soup, sauce, custard, pudding, mashed potato, etc.; two tablespoonfuls of flour cooked in two tablespoonfuls of butter will thicken one cup of liquid to be used for an ordinary sauce; a cup of liquid will yield one loaf of bread (brick-loaf pan); four eggs to a quart of milk gives a good custard, but one that must be served from the dish; eight eggs to a quart of milk are needed when the custard is to be turned from a mold in perfect shape.

ONE DAY'S MENU FOR ACTIVE BUSINESS MAN, 2700-3000 CALORIES



BREAKFAST — 875 CALORIES

- | | |
|---|--|
| $\frac{3}{4}$ Cup Cereal, 75 Calories; | 4 Prunes, 100 Calories |
| 2 Tablespoonfuls Sugar (scant), 100 Calories; | $\frac{1}{4}$ cup thin Cream, 100 Calories |
| 4 Ounces Fried Pickers, 100 Calories. | |
| $\frac{1}{2}$ cup Creamed Potato, 100 Calories. | |
| 2 Barley Biscuit 100 Calories; 1 Tablespoonful Butter, 100 Calories. | |
| Coffee, 2 Lumps Sugar, 50 Calories; 2 Tablespoonfuls Cream, 50 Calories | |



LUNCHEON — 983 CALORIES

- | |
|---|
| 1 Large Cup Creamed Cabbage with Cheese au Gratin, 450 Calories |
| 2 Parker House Rolls (with cornmeal), 100 Calories. |
| $\frac{1}{2}$ Cup Sliced Beets, Pickled, 33 Calories. |
| 1 Cup Baked Indian Pudding, 200 Calories. |
| 2 Tablespoonfuls Hard Sauce, 200 Calories. |



DINNER — 1015 CALORIES

- 3 Thin Small Slices Roast Beef, 200 Calories.
 2 Small Franconia Potatoes, 160 Calories.
 $\frac{1}{2}$ Cup String Beans, Buttered, 75 Calories
 3 Slices Tomato, 30 Calories; 2 Tablespoonfuls French Dressing, 150 Calories
 2 Slices Rye Bread, 100 Calories; 1 Tablespoonful Butter, 100 Calories.
 Chocolate Cake, $2\frac{1}{2} \times 2\frac{1}{2} \times \frac{1}{8}$ inches, 100 Calories.
 $\frac{1}{2}$ Cup (small glass) Tapioca Cream, 100 Calories.

Anchovy Canapés

Cut slices of cornmeal or barley bread in diamond shapes, about two and one-half inches long and one and a half inches wide at the center. Dip each in melted butter and let become lightly colored in a quick oven, then let chill. Open a box of anchovy filets put up in oil. Drain the coiled filets on soft paper. Mix fine-chopped olives, capers, pickled beets and cooked egg-whites through mayonnaise dressing and use to spread the prepared bread. With a silver knife, spread the edge with sifted egg-yolk, set a coiled anchovy filet in the center of each with a figure cut from pimienta or beet between the filet and the points. Chill thoroughly before serving.

Mock Lobster Bisque

(Serve 10-12)

Cook one quart of milk or white broth with half a cup of shredded cod-fish in a double-boiler twenty minutes, then strain out the fish (use the fish in cream sauce on toast next morning). Cook two cups of tomatoes, two slices of onion, a small piece of bay leaf, a few sprigs, each, of thyme and parsley

ten minutes; strain and add one-fourth a teaspoonful of soda. Melt two table-spoonfuls of butter; add three table-spoonfuls of flour and stir until well cooked, then let cool; add a little of the hot milk, stir until smooth, then add the rest of the milk gradually and stir until boiling. When ready to serve, combine the two mixtures. Serve in cups with a spoonful of whipped cream on the top of the soup in each cup. Season the cream with salt and paprika before whipping.

Potato Purée (Serve Six)

Pour boiling water over one-fourth a pound of salt pork and scrape and rinse in cold water. To the pork add three potatoes, pared and cut in quarters, one onion, peeled and sliced, four branches of parsley and half a cup of dried celery leaves or five outside celery stalks, cut in pieces. Let cook until the potatoes are done (in just enough water to cover the potatoes). Remove the pork for other use. Press as much as possible of the other vegetables and the water through a fine sieve. To the purée add one quart of hot milk or white broth with one teaspoonful and a half of salt and half a teaspoonful of

pepper. When boiling, add one cup of cream with more salt and pepper if needed. Serve at once with croutons.

Canned Vegetable Soup

For two quarts of soup cook, separately, one cup, each, of very small green Lima beans, cubes of carrot, slices of celery, small cubes of young, tender kohl-rabi, or slices of tender okra, and half a cup of rice. Cut up a quart of tomatoes; add a chopped onion, chopped green pepper, a small piece of bay leaf, a bit of mace, four coriander seeds, three branches of parsley and

sired. Lay the strips, one by one, in an egg beaten and diluted with four table-spoonfuls of milk, then pat on one side, then on the other, in sifted soft bread crumbs. Roll the filets compactly; cook about four minutes in deep hot fat. Drain on soft paper. Set on a hot folded napkin in the center of a dish and surround with white cabbage shredded and mixed with any kind of salad dressing.

Mrs. Beeton's Oxford Sausage

Put one pound, each, of pork (lean and fat without unedible portions) and



FRIED FILETS OF FISH WITH CABBAGE SALAD

some celery leaves; let cook twenty minutes. Strain and add to the cooked vegetables. Season with salt and pepper—a teaspoonful of salt and half a teaspoonful of pepper to each quart—and heat to the boiling point. Turn boiling hot into sterilized jars, filling to overflow. Adjust sterilized rubber ring and cover as in all canning. Use the water in which the vegetables were cooked, which should only just cover them during cooking. The vegetables must be young and tender.

Fried Filets of Fish with Cabbage Salad

Use any white fish from which strips of flesh without skin and bones may be taken. Season the fish with salt and a little scraped onion, if de-

veal or beef and one pound of beef suet through a food chopper twice; add half a pound of sifted, soft bread crumbs, the grated rind of half a lemon, a grating of nutmeg, six dried sage leaves, crushed, one teaspoonful of pepper, two teaspoonfuls of salt and half a teaspoonful, each, of savory and marjoram. Mix all the ingredients together thoroughly. When ready to use shape in small flat cakes, as thick on the edge as in the center. Roll in flour. Let cook in a frying pan, turning when browned on one side.

Soy Bean Loaf

Soak one cup of soy beans overnight. Wash and set to cook in a fresh supply of water. When done (it will take six or eight hours) and the water is much reduced, press through a sieve. There



FRIED CHICKEN, MACARONI WITH BITS OF SLICED SAUSAGE

should be two cups of purée. Add one cup of sifted soft bread crumbs, three tablespoonfuls of melted butter, five tablespoonfuls of tomato catsup, one egg, beaten light, one small onion, peeled and grated or chopped very fine, one chili pepper, chopped very fine, and one teaspoonful and a half of salt. Mix thoroughly, and form into a loaf. Set in a buttered pan. Bake about three-quarters of an hour, basting often with salt pork or bacon fat. Serve hot with tomato or brown sauce.

Hot Cheese Cutlets

Scald one cup and a half of milk in a double-boiler; stir one-fourth a cup, each, of flour and cornstarch, one-fourth a teaspoonful, each, of paprika and mustard, and one-half a teaspoonful of salt with half a cup of cold milk, then cook in the hot milk, stirring until the mixture thickens; then let cook fifteen minutes. Beat three tablespoonfuls of

butter to a cream, beat in two egg-yolks, and one cup of cheese in small (less than half an inch) cubes. Turn into a buttered pan to make a sheet about half an inch thick. When cold, stamp into cutlet-shapes with a tin cutter, egg-and-bread crumb and fry in deep fat. Serve with a green salad.

Purée of Red Kidney Beans

Wash a pint of red beans and set them in a stewpan with two branches of parsley, a leek, three slices of bacon and a quart or more of water; let simmer three or four hours, adding boiling water as needed, but letting the water cook out, at the last, until the beans are quite free from superfluous liquid; remove the parsley, leek and bacon, reserving the bacon for hash. Press the beans through a sieve with a wooden pestle; add three tablespoonfuls of butter, half a teaspoonful, each, of salt and black pepper and let become very hot. Dispose on



EGGS SCRAMBLED WITH LEFT-OVER SAUSAGE

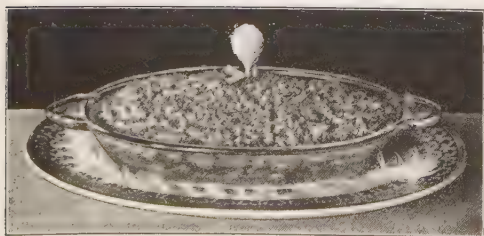
a serving dish and surround with triangular pieces of bread spread with butter and browned in the oven. Serve as the hearty dish at luncheon or supper. A green vegetable or a tomato salad and coarse bread should accompany the beans.

Spinach Soufflé

Melt three tablespoonfuls of butter; in it cook three tablespoonfuls of flour and one-fourth a teaspoonful, each, of salt and pepper; add one cup of milk and stir and cook until boiling. Add one cup of cooked spinach (drained) pressed through a sieve and the yolks of three eggs, beaten light. Then fold in half a cup (or more) of grated cheese and the whites of three eggs beaten very light. Bake in a buttered pudding dish, on folds of paper and surrounded with boiling water, until firm in the center (about twenty-five minutes). Half a cup of sifted, soft bread crumbs, stirred into two tablespoonfuls of melted butter and spread over the mixture before it is set into the oven, is an improvement worth the extra labor. Serve with white or cream sauce.

Cabbage Cooked with Cheese

Cut a small, hard, crisp head of cabbage in quarters, remove and discard the hard center, and cut the rest of the cabbage in coarse pieces; cover with boiling water and let boil rapidly about twenty minutes. Drain on a sieve. There should be about one pint of cabbage. Melt two tablespoonfuls of butter; in it cook two tablespoonfuls of flour, and stir in half a cup of rich milk,



CABBAGE COOKED WITH CHEESE

half a teaspoonful of salt and one-fourth a teaspoonful of pepper; add this to the cabbage with the beaten yolk of an egg, and from one-fourth to one-half a cup of grated cheese. Mix all together thoroughly. Dispose in a buttered baking dish, dome-shape; spread with three tablespoonfuls of butter, melted and mixed with half a cup of cracker crumbs. Let brown in a hot oven. Serve as a luncheon or supper dish.

Beets à la Poitevine

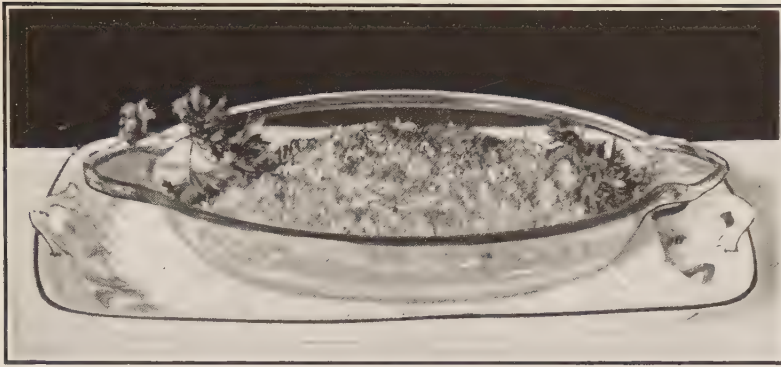
Boil carefully washed beets until tender; remove the skins and cut the beets in slices. For a pint of beet slices chop a small onion fine, and let cook until softened and yellowed in one-fourth a cup of butter; add one-fourth a cup of flour and half a teaspoonful of salt and stir and cook until blended; add two cups of white broth and stir and cook until boiling; let simmer five or six minutes, add the sliced beets with salt and pepper as needed, and again let simmer five minutes. Finish with a tablespoonful of vinegar and a tablespoonful of butter, beaten in in small pieces. Serve very hot.

Red Cabbage Salad, Russian Style

Cut a crisp red cabbage in quarters, lengthwise, remove and discard the hard centers and cut the rest of the cabbage in very fine shreds; cover with boiling water and let cook three minutes; drain in a bag or cloth; add salt, and let chill. Have ready four hard-cooked yolks of eggs; sift these or crush them with a wooden spoon; add a little pepper and two to four tablespoonfuls of vinegar, then mix through one cup of thick cream beaten quite firm. Sprinkle with fine-chopped parsley and mix with the cabbage. Serve as a dinner salad.

Jellied Macedoine of Vegetables

Use a pint of hot consommé or clarified chicken broth or two cubes of beef extract dissolved in two cups of boiling



SPINACH SOUFFLÉ

water. In this dissolve one-fourth a package of gelatine, softened in one-fourth a cup of cold water, stir over ice and water until beginning to thicken then add one cup of cooked asparagus tips, half a cup of tender cooked carrot, sliced, and three-fourths a cup of cooked peas with salt and pepper as needed. Mix thoroughly and turn into a mold. When firm, unmold and serve with lettuce hearts and cream dressing.

Cream Dressing

Beat one cup of cream and one-fourth a teaspoonful of salt until firm, and gradually beat in two tablespoonfuls of tomato catsup.

Canned Tomato Purée

Cut tomatoes into pieces to make four quarts; add one large onion, one sweet red or green pepper and one-fourth a cup of parsley chopped together until very fine. Cook until the tomatoes are tender. Press through a sieve and

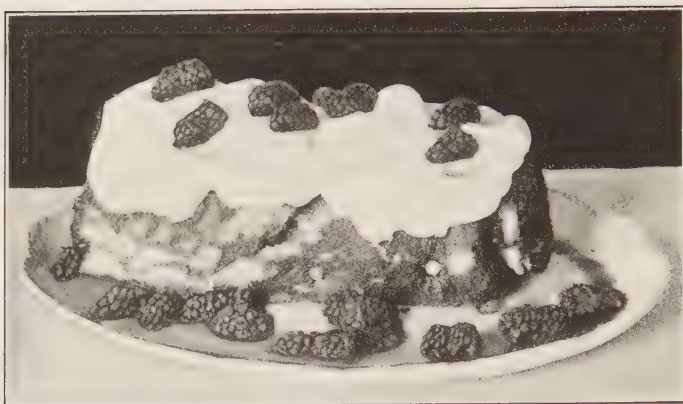
measure. To each quart of purée add half a teaspoonful of salt and three-fourths a teaspoonful of sugar and let simmer to the consistency of catsup, stirring constantly meanwhile. Pour boiling hot, into sterilized cans, filling each to overflow; adjust the rubber rings dipped in boiling water and the sterilized covers and tighten the covers. Set aside in a cool place when cold.

Barley Scones

Sift together one cup, each, of wheat and barley flour, one-fourth a teaspoonful of soda, four teaspoonfuls of baking powder, half a teaspoonful of salt and two tablespoonfuls of sugar. With two knives, cut in two tablespoonfuls of shortening, then mix to a dough with one cup of thick, sour cream. Turn on a floured board with a knife, to coat slightly with flour, knead to get into shape, pat and roll into a sheet half an inch thick, cut into diamond shapes and



BARLEY SCONES



CANNED LOGANBERRY ROLL

set in a buttered pan. Brush over with sweet milk, dredge with granulated sugar and bake in a quick oven. Split the scones, spread one-half with butter, the other with raspberry jam or orange marmalade and press the corresponding halves together. Serve hot with coffee, tea or cocoa.

Barley Muffins

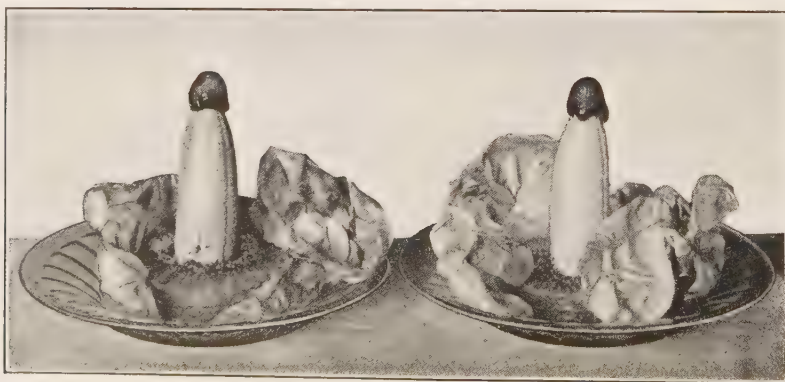
Sift together one cup, each, of pastry flour and barley meal, one-fourth a cup of sugar, four teaspoonfuls of baking powder and half a teaspoonful of salt. Beat one egg; add nearly a cup of milk and stir into the dry ingredients with three or four tablespoonfuls of melted shortening. Bake about twenty-five minutes in a hot, well-oiled, iron muffin pan.

Canned Loganberry Roll

Prepare a cake as in the following recipe. Pour over it a can of Loganberries with juice. Roll like a jelly-roll and spread the top with boiled frosting. Drop a few berries into the top of the frosting. To make the frosting, use three-fourths a cup of granulated sugar, one-third a cup of boiling water and the white of a large egg. Part of the frosting may be used for some other purpose.

Fresh Blackberry Roll

Beat two eggs very light; gradually beat in one cup of sugar and the grated rind of a lemon or orange. Sift together one cup of flour, one-fourth a teaspoonful of salt and one and a half level tea-



CANDLELIGHT SALAD

spoonfuls of baking powder; add these to the first mixture with one-third a cup of hot water in which one tablespoonful of butter has been melted. Beat very thoroughly and turn into a pan about 12 x 8½ inches, lined with thin paper, well buttered. Bake about eighteen minutes. Turn on to a large platter, trim off all the crisp edges, spread with a basket or quart of blackberries that have been standing half an hour or longer mixed into a cup of sugar. Roll like a jelly roll. Spread the top with a cup of cream whipped without sugar.

Candlelight Salad

Cut bananas in two crosswise. Cut ends straight so each half will stand upright. On a leaf of lettuce place a slice of pineapple, fitting half a banana into the center. Serve with mayonnaise or cream dressing, sprinkled over with chopped peanuts or walnuts. On top of banana place one maraschino cherry.

Baked Indian Pudding

Scald two cups of milk in a double boiler. Stir one cup of cold water into four tablespoonfuls of cornmeal, then stir this into the hot milk. Cook and stir until the mixture thickens. Add half a cup, each, of sugar and molasses (or a full cup of molasses), two eggs, beaten light, half a teaspoonful of salt, one teaspoonful of cinnamon and half a teaspoonful of ginger and turn into a buttered baking dish. Bake half an hour, then pour on half a cup of cold milk and let bake, without stirring, two hours. Serve with or without cream and sugar, hard sauce or ice cream.

Cornmeal Custard Souffle

Melt three tablespoonfuls of butter; in it cook three tablespoonfuls of fine cornmeal, add one cup of milk and stir until boiling. Let cook over boiling water twenty minutes. Remove from the fire, beat in the yolks of three eggs, beaten

light and mixed with one-fourth a teaspoonful of salt and one-third a cup of sugar, then fold in the whites of four eggs beaten very light. Turn the mixture into a buttered pudding dish, dredged with sugar, and let bake standing on many folds of paper in a dish of boiling water. The water should not boil during the cooking. The pudding is done when well puffed and firm at the center. It will take about twenty-five minutes. Serve hot with Mocha or Creamy Sauce.

Mocha Sauce

Beat half a cup of butter to a cream; gradually beat in one cup and a half of confectioner's sugar, then beat in drop by drop coffee extract or very black coffee to flavor and tint as desired.

Creamy Sauce

Boil one cup of sugar and half a cup of water as in making boiled frosting; then pour in a fine stream on the white of one egg beaten very light, beating constantly meanwhile. Beat occasionally until cold, then fold in one cup of cream beaten very light. Flavor to taste.

Little Cakes for War Time (Golden Drop Cakes)

Grate the rind of an orange into a bowl; add one-fourth a cup of shortening and beat to a cream; gradually beat in one cup of sugar, two well-beaten eggs, one-fourth a cup of orange juice and one cup and one-third of pastry flour and two-thirds a cup of bolted cornflour sifted with four teaspoonfuls of baking powder. Mix thoroughly. Drop by teaspoonfuls on a buttered baking sheet. Bake in a quick oven.

Oatmeal Macaroons with Dates

Beat two eggs, without separating the yolks and whites, and beat in one cup of sugar and a tablespoonful of melted shortening. Cut dates in small pieces to fill a cup; mix them through two cups

and one-half of rolled oats and half a teaspoonful of salt. Combine the two mixtures. Drop by the teaspoonful on to buttered tins and shape into symmetrical rounds. Bake in a moderate oven. The mixture makes three dozen macaroons.

Lemon Queens with Barley Flour or Cornmeal

Beat half a cup of butter and the grated rind of a lemon to a cream; gradually beat in one cup of granulated sugar; add the beaten yolks of four eggs, two tablespoonfuls of lemon juice, one cup of pastry flour and one-fourth a cup of barley flour, or fine bolted cornmeal, sifted with one-fourth a teaspoonful of soda. Bake in cup-cake tins. Use twelve to sixteen tins. Garnish with a little boiled icing.

Chocolate Brownies (Miss Diether)

Beat half a cup of butter to a cream and gradually beat in one cup of granulated sugar. Add two squares of melted chocolate and two eggs beaten light, without separating the whites and yolks. Sift together one-half cup, each, of pastry and barley flour, and one fourth a teaspoonful of cinnamon, and stir into the mixture with one teaspoonful of vanilla and one-fourth a teaspoonful of almond extract; then stir in one cup of blanched almonds, cut in pieces and browned in the oven. Drop on buttered sheets from a teaspoon. Bake about ten minutes in a moderate oven.

Cornmeal Bread

Put one cup of cornmeal in a bread bowl; pour over it two cups of scalded milk or one of scalded milk and one of boiling water; add two tablespoonfuls of shortening, two tablespoonfuls of sugar and one teaspoonful of salt. When lukewarm, add one-third a cake of compressed yeast, mixed with half a cup of lukewarm water and wheat flour, for a dough

(about five or six cups). Knead until smooth and elastic. Set aside, covered, out of drafts overnight. Shape into two loaves. Bake about one hour.

Barley Bread

Put liquid, shortening, salt and sugar as above in the bread bowl; when lukewarm add the yeast as above, then stir in two cups of barley flour with wheat flour as needed. Finish as cornmeal bread.

Rye Bread

Prepare as barley bread, but use three or four cups of rye flour with wheat flour as required for dough. Use wheat flour in kneading. Barley and rye bread are both better when fresh-made. They dry out more rapidly than bread made of wheat alone.

Baked Apple Ice Cream

Pare and core tart apples, sprinkle lightly with sugar and grated lemon rind and let bake until tender; press the apples through a sieve; add to a quart of pulp the juice of two lemons and two cups of sugar. Stir until melted; when cold add one quart of thin cream and freeze as usual.

Caramel Almond Ice Cream

Stir three-fourths a cup of sugar over a quick fire to caramel; add a cup of blanched almonds and let cook until the almonds are of an amber shade; add half a cup of boiling water, cover and let simmer to a thick syrup. Scald one quart of milk in a double boiler; sift together half a cup of sugar, three teaspoonfuls of cornstarch and half a teaspoonful of salt; add to the hot milk, stirring constantly until the mixture thickens slightly; cover and let cook twenty minutes. Add the caramel and nuts and two cups of cream. Freeze when cold. Without almonds this is good ice cream.

Well-Balanced Menus for Week in October

WAR BREAD AND TWO MEATLESS DAYS

"The railways of the country have been built on beans."

SUNDAY	Breakfast Baked Sweet Apples, Top Milk Curry of Baked Beans Barley Baking Powder Biscuit Cornmeal Mush, Fried Coffee Cocoa Dinner Fore Quarter Lamb, Steamed and Browned in Oven Bananas, Baked Belgian Fashion Whole Potatoes, Fried in Deep Fat Creamed Kohl Rabi Romaine, French Dressing Parker House Rolls with Cornmeal Sliced Peaches Lemon Queens with Cornmeal Half Cups Coffee Supper Palmerston Eclairs Lettuce and Pears, French Dressing Golden Drop Cakes Tea	Breakfast Barleymeal Mush, Top Milk Finnan Haddie Balls Pickled Beets Buckwheat Griddle Cakes Coffee Cocoa Dinner Boiled Fowl, Spiced Peaches Spoon Hominy Bread Baked Squash Celery Apples Baked With Almonds Oatmeal Macaroons Supper Succotash Barley Breadsticks (reheated) Apple Sauce Golden Drop Cookies Tea	WEDNESDAY
	Breakfast Grapes Barley Crystals, Thin Cream Breaded Tomatoes, Broiled, on Toast Eggs Cooked in the Shell Spider Corncake Coffee Cocoa Dinner Lamb-and-Tomato Soup, Pulled Bread Filets of Bluefish, Stuffed with Bread Crumbs, Baked Mashed Potatoes, Brown Sauce Baked Squash New Pickles Apple Pie, Cottage Cheese Supper Sweet Corn Custard Buttered Toast Stewed Pears Golden Drop Cookies Tea	Breakfast Melons Thin Slices Salt Pork, Fried Potatoes Cooked in Milk Cold Barley Mush, Fried, Caramel Syrup Dry Toast Tea Coffee Dinner Chicken Soup with Tapioca Oatmeal Bread Macaroni Croquettes, Cheese Sauce Lettuce and Sliced Tomatoes, Mayonnaise Dressing Baked Indian Pudding, Thin Cream Supper Chicken and Rye-Biscuit Roll Chicken Gravy, (Bechamel Sauce) Stewed Crabapples Golden Drop Cookies Tea	
MONDAY	Breakfast Puffed Rice, Whole Milk Creamed Dried Beef on Toast Delicate Cornmeal Griddle Cakes Maple or Caramel Syrup Baked Apples Dry Toast Coffee Cocoa Dinner Emergency Soup (vegetables) Lamb Soufflé, Tomato Sauce Buttered and Sugared Carrots Sliced Tomatoes Rye Bread Cottage Pudding (cornmeal) Creamy Sauce Supper Potato Purée, Barley Bread Sticks Pickled Beets Sliced Peaches Hot Gingerbread Tea	Breakfast Corn Puffs, Bananas, Thin Cream Ramekins of Eggs in Tomato Sauce Bran Muffins, Apple Marmalade Doughnuts Coffee Cocoa Dinner Bluefish, Baked, Italian Sauce Mashed Potatoes Cabbage Baked with Cheese Curly Endive, French Dressing Apple Pie Cottage Cheese Supper Gnocchi à la Romaine Buttered Beets Chocolate Cake Tea	THURSDAY
	Breakfast Puffed Rice, Whole Milk Creamed Dried Beef on Toast Delicate Cornmeal Griddle Cakes Maple or Caramel Syrup Baked Apples Dry Toast Coffee Cocoa Dinner Emergency Soup (vegetables) Lamb Soufflé, Tomato Sauce Buttered and Sugared Carrots Sliced Tomatoes Rye Bread Cottage Pudding (cornmeal) Creamy Sauce Supper Potato Purée, Barley Bread Sticks Pickled Beets Sliced Peaches Hot Gingerbread Tea	Breakfast Corn Puffs, Bananas, Thin Cream Ramekins of Eggs in Tomato Sauce Bran Muffins, Apple Marmalade Doughnuts Coffee Cocoa Dinner Bluefish, Baked, Italian Sauce Mashed Potatoes Cabbage Baked with Cheese Curly Endive, French Dressing Apple Pie Cottage Cheese Supper Gnocchi à la Romaine Buttered Beets Chocolate Cake Tea	
TUESDAY	Breakfast Puffed Rice, Whole Milk Creamed Dried Beef on Toast Delicate Cornmeal Griddle Cakes Maple or Caramel Syrup Baked Apples Dry Toast Coffee Cocoa Dinner Emergency Soup (vegetables) Lamb Soufflé, Tomato Sauce Buttered and Sugared Carrots Sliced Tomatoes Rye Bread Cottage Pudding (cornmeal) Creamy Sauce Supper Potato Purée, Barley Bread Sticks Pickled Beets Sliced Peaches Hot Gingerbread Tea	Breakfast Corn Puffs, Bananas, Thin Cream Ramekins of Eggs in Tomato Sauce Bran Muffins, Apple Marmalade Doughnuts Coffee Cocoa Dinner Bluefish, Baked, Italian Sauce Mashed Potatoes Cabbage Baked with Cheese Curly Endive, French Dressing Apple Pie Cottage Cheese Supper Gnocchi à la Romaine Buttered Beets Chocolate Cake Tea	FRIDAY
	Breakfast Puffed Rice, Whole Milk Creamed Dried Beef on Toast Delicate Cornmeal Griddle Cakes Maple or Caramel Syrup Baked Apples Dry Toast Coffee Cocoa Dinner Emergency Soup (vegetables) Lamb Soufflé, Tomato Sauce Buttered and Sugared Carrots Sliced Tomatoes Rye Bread Cottage Pudding (cornmeal) Creamy Sauce Supper Potato Purée, Barley Bread Sticks Pickled Beets Sliced Peaches Hot Gingerbread Tea	Breakfast Puffed Rice, Whole Milk Creamed Dried Beef on Toast Delicate Cornmeal Griddle Cakes Maple or Caramel Syrup Baked Apples Dry Toast Coffee Cocoa Dinner Emergency Soup (vegetables) Lamb Soufflé, Tomato Sauce Buttered and Sugared Carrots Sliced Tomatoes Rye Bread Cottage Pudding (cornmeal) Creamy Sauce Supper Potato Purée, Barley Bread Sticks Pickled Beets Sliced Peaches Hot Gingerbread Tea	
SATURDAY	Breakfast Cream of Wheat, Thin Cream Scrambled Eggs Paprika Baked Potatoes Barley Meal Muffins Coffee Baked Apples Cocoa	Dinner New York Baked Beans Boston Brown Bread Mustard Pickles Baked Indian Meal Pudding Caramel Ice Cream	Supper Bluefish Salad Squash Biscuit (yeast) Baked Apples Spice Cake Tea

Little Dinners for October

I

Anchovy Canapés
 Tomato Bouillon Barley Bread Sticks
 Filets of Fresh Fish, Breaded and Fried,
 Sauce Tartare
 Lima Beans in Cream
 Parker House Rolls with Cornmeal
 Ring of Vanilla Ice Cream
 Sliced Peaches in Ring, Melba Sauce
 Lady Fingers Oatmeal Macaroons
 Coffee

II

Cream of Corn Soup, St Germaine
 Molded Spinach or Chard on Rounds of Cold
 Boiled Pickled Tongue
 Sauce Tartare
 Lady Finger Rolls with Squash
 Grapejuice Parfait
 Almond Meringues

III

Purée of Potatoes, Croutons
 Fried Chicken Corn Fritters
 Lettuce and Sliced Tomatoes, French Dressing
 with Onion Juice
 Barley Bread
 Caramel Ice Cream
 Potato Flour Sponge Cake
 Coffee

IV

Emergency Soup
 Slices of Halibut Baked with Bread Dressing
 Hollandaise Sauce
 Buttered Potato Balls with Parsley
 Romaine and Celery, French Dressing
 Baba, Apricot Sauce
 Coffee

Menus for October Card Parties

I

Palmerston Eclairs
 Macedoine of Vegetable Salad
 Grapejuice Sherbet
 Peanut Cookies

II

Cold Salmon Mousse, Lettuce,
 Shredded Peppers, French Dressing
 Small Barley Biscuit
 Coffee
 Apple Sherbet
 Croquin Cards

III

Creamed Oysters in Green Peppers
 Lettuce and Macedoine of Vegetables in Tomato
 Jelly, French Dressing
 Meringues with Whipped Cream

IV

Egg Timbales, Bread Sauce
 Stuffed Tomato Salad
 Olives Salted Peanuts
 Brioche Rolls
 Cocoa with Marshmallows

V

Cheese Croquettes
 Lettuce, French Dressing
 Charlotte Russe
 Punch

VI

Mexican Rabbit on Crackers
 Barley Flour Baking Powder Biscuit
 Olives New Pickles
 Individual Pineapple Bavarian Creams
 Potato Flour Sponge Cake





Demonstrating In and To the Home

By A. C. True

BY the time this magazine is published, the Department of Agriculture hopes to have increased its force of women county agents and women home demonstration agents to such an extent that their services will be available to the majority of the communities of the United States. This is not the announcement of a new organization; it is merely the development of work which began in 1910 with the organization of canning clubs in three counties in Virginia and one in South Carolina. Ever since the declaration of the existence of a state of war, the Department has been planning the development of this work so as to bring the information and experience of the Department, through trained deputies, to the women of America.

It is vital to the success of this movement that the readers of the great women's magazines of the United States should understand the educational system which the Department of Agriculture has been building up during the last seven years. It is probably news to most women that early in the summer there were over 500 home demonstration agents and an enrollment in canning clubs of approximately 100,000 women and girls. In these emergency days, when the work of women is so important to the safety of the country, enrollments have multiplied by the thousands and our experts estimate that during 1917 there will be ten times as many girls and women carrying on some phase of the

home demonstration work as there were in 1916. This will make an army of about a million with trained leaders enough to guarantee efficiency as well as success throughout the ranks.

The history of the home demonstration work has been a natural process of development. The county agents have had the girls and women make their demonstrations with fundamentals and necessities. They started with vegetables and fruits; later they took up work with bread and meat; soon they began to use milk and butter. All along, incidental things were interwoven and incidental instruction was given. Canning, preserving, brining, curing and drying are but incidental processes in the campaign of saving food. Instead of academic lessons in sewing, the club members were taught to make their own caps, aprons, uniforms, towels and other things necessary to the work in hand. Time- and labor-saving devices were bought as the occasion arose. Thousands of fireless cookers were made to utilize the products put in the pantries by the girls in connection with the chicker, eggs and meats being studied by the women, and the best ways of utilizing these products so as to insure a nutritious, healthful, and economical diet are also being taught. Lessons and lectures on sanitation have been found to be ineffective compared with showing the necessity for cleanliness in putting up nice packs of vegetables and fruits, and in making high-class butter and

cheese. Sanitation is learned by creating a demand and showing a necessity for it. More fly traps and fly swatters have been made, more doors and windows have been screened and more water works established, in order to aid the club girl and her mother in making their community a simple object lesson in saving food, than could possibly have been done in any other way.

The Department contemplates taking up this same kind of work with the city women. Although the club members in the cities may not be able to produce foods in such large quantities as those in the rural districts, they have greater opportunities for saving, collecting, marketing, and preparing foods. In the city work it is expected that organized bodies of women will be used as in the country work, and that the method of

getting demonstration done in the homes will have a permanent place in this new line of work.

The Department urges the women of the United States to inform themselves as to the home demonstration work which is about to be so rapidly extended, that, working together with the Federal Government, they may successfully meet not only this emergency, but build better and happier households for the coming years.

If you do not know who your county agent is or whether you have a county agent, get in touch with the Director of the Extension Service at the State Agricultural College. He will be able to put you on the road to co-operation along the lines suggested.

A. C. TRUE,
Director, States Relation Service.

"The Schoolma'am"

To see her in the morning ride by here, just
a-losing,
Her Stetson jammed upon her head like any
buckaroo,
Her little quirt a-flying,
And the echoes booming, dying,
And her face alight with doing, and with feeling,
and with hoping;
And she singing, like, or whistling, or just laugh-
ing with the face —
Why, to see her ride to school so, every day —
you'd say it, too,
Somehow seems to shed a mighty lot of sun-
shine round the place.

She's the city ways about her, and we're proud
to know she has 'em,
But to see her take our customs up as though
not one were strange —
Go riding after cattle
With her rusty spurs a-rattle,
Go breaking through the underbrush or leaping
o'er a chasm,
And throwing of her lasso-rope, and saddling
her cayuse,
And trying broncho-twisting with a horse just
off the range —
She's got us roped and tied all right, to struggle
ain't no use!

And if she's ever lonesome for the town, we never
know it;
You'd think that she was born here in the
sage-brush and the gray;
She cares for all we care about.
She's always there or thereabout
When anyone's in trouble, even though she
doesn't show it.
And all the little common things for her are
big with thrills.
The world's a place for loving folks, and life's a
holiday
To the sunny little schoolma'am here among
the sagebrush hills

—*Mary Carolyn Davies*

Danish Dessert Cakes and Pastry

By Julia Davis Chandler

"I defy anyone to find a summer dish that compares with 'Rød grød med Flode' which is just currant juice and cornstarch with cream."

"Every house was a bakery from the middle of December until Christmas Eve, and oh! the quantities of cakes we ate, and such cakes! Talk about eating between meals: ours was a continuous performance for two solid weeks." —Jacob Riis in "The Old Town."

IF it were not for the fact that a Danish chef, or master-baker to be accurate, on his way around the world, is here lecturing in our cities, and making the old-world goodies familiar to untraveled Americans, it would seem audacious to mention even such rich little affairs as Danish coffee cakes in these times of war and food discussion.

We all know about the progressive agriculture of Denmark, and that Danish butter is standardized and exported all over the world; especially is it welcomed in the tropics. And yet in Denmark it sells for less than our butter does here, so it is not wild extravagance there to eat these rich little coffee or dessert cakes, rivals of the sweeter French pastries that prevail at all formal entertainments in our cities.

At a musicale in San Francisco, where Danish songs were rendered, a Danish spread was served, supervised by the traveling Danish baker, writer and lecturer; trays of cakes fresh and fragrant were brought directly from big ovens nearby. And, at the request of the company, he explained somewhat his methods of making them.

Two pounds and a half of butter and half a pound of yeast to a quart of milk seems preposterous, but that is what he uses, to begin — not bread or rolls — but these dessert dainties. Flour is used, of course, and everything must be ice-cold. The butter is put in just as for puff-paste, that is, it is kept in layers, and the dough is turned three

times. Some of his "coffee cakes" are like rounds of pastry with two spots of raspberry jam surrounded with a little custard-cream on one side of the round which is about the size of a cookie. Others are in crescent shape, and the most favored are like Napoleons, only half as high, with one layer of raspberry jam and chopped nuts on top. These are truly delicious. Cakes like these, made by this baker, were served in Washington at the time of President Wilson's marriage.

The Danish sandwiches served at the San Francisco Danish Tea were much like the good old-fashioned sandwiches of America, beef with horseradish, veal with pickled cucumber, smoked salmon, and egg-and-anchovy.

A well-educated young Danish expert in cookery, who controls the edibles for a fashionable club in Los Angeles, told the writer he makes similar pastries or cakes, with far less yeast, but he places the dough in the ice-box over night, giving the yeast time to work. These Danish coffee cakes are not the German coffee cake, but a dessert fare, preferred by many who do not like the sometimes over-frosted and cream-filled French pastries. This baker, explained the national sweet pudding of Denmark, the Rød Grød. This was served in London at the marriage of Princess Alexandra of Denmark to Edward, future King of England. Rød grød, or ruid gruid, as it is sometimes spelled, is made of raspberry and currant juice, which is thickened with rice flour; a little salt is needed and some vanilla. Almonds are added to it. Jacob Riis says cornstarch is used, but the fact is, rice flour, or sago, or tapioca may be used, something of that nature to thicken the juice and convert it into a pudding. Cream must be served with

it. Surely it is delicious and easily made; and those growing the loganberry, or able to purchase it, could use the fresh red loganberries, since they are very much like raspberries made tart with currant juice.

The chef, when asked what novelties he had recently prepared for the club, said that a novel bread had found favor with many, especially at the tables of the Ladies' Annex.

He makes it of equal parts of whole wheat, graham and white flour with an addition of chopped, cooked spinach, and flavors it with caraway seeds soaked in a cordial, kirshwasser, which is cordial made from cherries.

Here is a decided novelty: A delicious chocolate for a beverage to serve with the Danish cakes may be made from a recipe brought from the Island of St. Thomas many years ago and published in an old Maryland cookery book.

Island of St. Thomas Chocolate

Allow twenty-five small cups of milk to a pound of chocolate; break the chocolate into four cups of water and let it cook slowly, adding to it twenty pounded almonds, about ten whole cloves and five cardamon seeds, a little whole mace and a large piece of stick cinnamon. Stir well until the chocolate is melted before adding the milk. Remove the spices which should be tied in a thin cloth. Take the yolks, only, of two eggs and beat them until light with sugar, to sweeten the chocolate, and add a quarter of a cup of rose water or else use a very, very little rose flavoring which is far stronger. Add a little of the chocolate to the egg-mixture before putting it all into the sauce pan. Although the ingredients seem many, it is nowise a freakish combination, but one that has found favor at many afternoon affairs. If made in too large an amount it need not be wasted, as long cooking greatly improves it; a double boiler may be

used to advantage, that is, one dish within another of hot water, such as is used for cereals.

It makes one hungry to read what Jacob Riis has told us of Denmark in "The Old Town," for he says so much of hospitality and good living, and the writer has kept in remembrance of Riis, whom Roosevelt called New York's best citizen, a letter promising to try to put forth a Danish cookery book in response to the interest evoked by "The Old Town."

When Germany took two of Denmark's best provinces some years ago, the Danes made a strong stand for developing what remained, and in educating their people, beginning in the home and on the farm. No one is allowed to be ignorant; all must read and write. Co-operation has made their dairying business successful, even the wild dunes being planted to forest for reclamation.

And when girls and women can not leave the home for short courses in horticulture, bee keeping and poultry, the government pays for a helper to take the work in each home during their absence.

We have much to learn from Denmark about rural life and farming. And if we cannot visit Copenhagen and luxuriate in its great parks and pleasure gardens where thousands are happy, we can, at least, have Danish dishes, enjoy real Danish coffee cakes and r d gr d for dessert.

Red Cross Cakes

Choose any preferred recipes for the cakes and frosting, only use a white frosting, and on it place a red cross made of bright red candies placed carefully in the cross form.

Another method is, crushing the bright glassy variety of small red fruit drops and scattering these in the form of a cross and putting cocoanut in the white frosting between the arms of the cross.

White Cross Cakes

The White Cross is the society started by the noted Dr. Maria Montessori for aiding the many French and Belgian children that are already being brought to the United States. The workers must combine the qualities and training of teacher and nurse, since the psychology and ailments of these children are new. Many suffer from shell-shock, gas, and war-fright and hard

conditions, as well as food shortage. Dr. Montessori has headquarters now in San Diego, Cal.

Bazaars, for the assistance of this much-needed movement, or simple "cake sales" can profit by the above suggestions, only for the white cross on a red ground emblem of the White Cross society use a white cross upon a frosting colored red, or covered with the crushed red fruit candies, mentioned above.

For Entertainment and Frugality

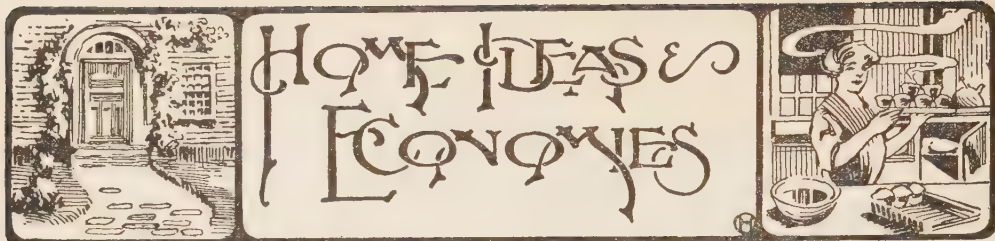
By Mary Visscher

ONE autumn, a woman, who had tired of the sameness of the ordinary entertainments, invited her bridge club to a Turkey dinner. They went expecting to find a New England Thanksgiving—turkey—cranberry—pumpkin-pie type of meal and were astonished to discover the table set with oriental lamps and eastern embroideries and to be served with a quasi oriental or Turkish dinner. The centre-piece was a child's toy camel laden with small baskets filled with dates, almonds and raisins; and these made a fruit course at the end of the meal. The place cards had been procured from one of the great department stores and were postals with scenes from Constantinople; the candy was "Turkish delight" and, after dinner, Turkish coffee was served with the small candy cigarettes which Huyler sells. The menu was oriental but was somewhat modified by the hostess' lack of experience with eastern cooking, yet caviare, lemon soup, pilaf, rice rolled in a leaf, and a very sweet pink ice would be possible for any house-keeper, while all sorts of oriental goodies can be imported from New York, if economy is not necessary. Cards followed the dinner and oriental prizes were given. The novelty of the idea

and the unfamiliar dishes made a great hit.

When the summer fruits and vegetables are delivered in the cheap wooden boxes, it is a good plan to lay some of them away for use the next autumn and spring. Lined with a newspaper, a half-bushel basket makes the quickest and most effective of coverings for outdoor plants when threatened with an early frost. On the other hand, nothing can approach a quart berry basket for convenience in starting seeds early in the spring for planting later when the ground is warm. The box and its contents can be placed in the ground and it is so open that it will not interfere with the free development of the roots, while it will finally decay and aid in fertilizing, making no further trouble. This method saves the shock which transplanting causes any plant however hardy.

Cut a lemon in thin slices, cut each slice into four sections, stick a single whole clove in each section and then serve them on a green and gold dish and you will be surprised to see how charming they look on your afternoon tea-table and what an agreeable flavor the clove adds to the lemon.



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

What We Did with a Bushel of Wheat

MY grocer ordered for me a bushel of wheat. It cost me \$1.80. When it came, I divided it into three parts; each part was poured out on a clean cloth; and all dark, imperfect grains and chaff were discarded. When I sent corn to mill to be ground into meal, I sent some of this nice, clean wheat to be ground into whole wheat flour by the same process that the corn was ground into meal. Then I made it into good wholesome, [economical bread — rich and tempting in color, cheaper than meat — and in a large degree taking the place of it.

Several quarts were washed and put in the oven to steam with no more water than what clung to the grains. When these were soft and quite dry, I packed it away in jars. This, when cooked several hours and eaten with cream, is exceedingly appetizing. When I wanted the finest cookies, I made them as usual only using entire wheat instead of white flour. Christmas fruit-cake made of this flour was “deeply, darkly” brown. When bran muffins were wanted, occasionally, I sifted some of this flour and reserved the bran to make them. For whole wheat mush, I used one cup of flour to three of boiling water, a scant teaspoonful of salt, and cooked for an hour. This, eaten with butter or cream, is a fine breakfast food.

One half entire-wheat flour and one half cornmeal makes the finest griddle cakes. Scientists claim we have a full balanced ration in whole-wheat flour,

besides being a cheaper, and more satisfying food. It should be freshly ground always, if possible. It is more palatable and desirable every way than that kept for any length of time. A few handfuls of this wheat were planted on a bed, 3 x 36 feet, and furnished green feed for a flock of chickens all winter and is now knee high — demonstrating that, while this is not a wheat country, it does remarkably well.

Our family of three adults — we were seven for two weeks — had bread, cake, muffins, griddle cakes and breakfast food three months from this bushel of wheat, with white bread for a rare change. Any favorite recipe may be used with entire-wheat flour in place of white, and the result will be an improvement on what was fine before. L. R. F.

* * *

Bread Crumbs

BREAD crumbs are of very high nutritive value. Three ounces of the stale crumbs — giving a total of 239 calories — of which 34 calories are from the protein, 11 from the fat and 194 from the carbohydrates.

Every scrap of bread should be saved, thoroughly dried in a light airy place and run through the meat chopper to prepare them for the many uses for them. Try some of the following:

Delicious muffins are made of:

3 cups crumbs	1 tablespoonful melted butter
2½ cups milk	2 teaspoonfuls baking powder
1 cup flour	¼ teaspoonful salt
3 eggs	

Pour milk on crumbs, let it stand till soft, or about 15 minutes, then beat

with egg beater and add beaten egg-yolks, flour, salt, baking powder and melted butter. Last, fold in the stiffly beaten whites. Bake in buttered muffin tins in quick oven about 20 minutes.

Dressing for chicken:

2 cups toasted crumbs	Pepper to taste
1 small onion	$\frac{1}{2}$ teaspoonful sage
$\frac{1}{2}$ teaspoonful salt	1 grating of nutmeg

Moisten with a scant half-cup of milk or chicken broth (or one beaten egg). This should be just moist enough to hold together and more crumbs may be added to obtain the proper consistency, if necessary.

Pancakes:

2 cups sweet milk	1 tablespoonful sugar
3 cups crumbs (level)	1 egg
$\frac{1}{4}$ teaspoonful salt	

Sufficient sweet milk to wet the crumbs, then add the other ingredients and whip with egg-beater. Add 2 teaspoonfuls baking powder and bake on hot griddle. The quality of bread crumbs varies so much that more or less liquid than given may be necessary.

Luncheon dish:

2 cups very dry, well toasted bread crumbs
1 cup chopped cold potatoes
1 small minced onion
$\frac{1}{2}$ teaspoonful, each, of salt, black pepper and sage

Mix thoroughly, moisten very lightly with milk. Melt a generous tablespoonful of dripping in a frying pan and when piping hot turn in the crumbs and toss lightly with a fork. Cover closely and brown over a very slow fire without stirring. Take out in portions (with a cake turner) on a hot dish and serve at once.

E. A. P.

* * *

Cow-Peas

NEARLY every housewife nowadays welcomes with delight a practical suggestion for giving her family a nourishing meal with a minimum of expense.

A friend from the South writes me as follows: "Why not try to grow cow-peas? They are extensively grown here and often appear on our tables, but I am

told are practically unknown in the North. They compare favorably with your well-known varieties in nutritive value, while their delicate flavor makes them superior."

These are used on the table in three forms — in the pod, shelled green and shelled dry — while like other dry beans they may be boiled with a bit of fat or baked and served in place of other food rich in nitrogen. They may be boiled and mashed like potatoes, and when cooled, combined with bread crumbs to form croquettes which are either fried or baked. They are also fine for soup.

"Hopping John" is a favorite dish with many. Boil one quart of the peas with a small piece of bacon. Boil, separately, one scant pint of rice with a beef bone. Season the rice and combine the two vegetables and the meat while still warm.

If somewhat apprehensive in regard to our food supply, we should feel a little ray of hope when we read that one, George Damon of California, has discovered a fine substitute for potatoes in the stalk of the yucca which grows in profusion in that prolific state. It seems that Damon is trying the experiment of eating mashed yucca on himself. If he survives and thrives as he believes he will, he thinks he has solved the food problem for the race.

Then, too, a man in Nebraska, who is trying to do his "bit" and hopes to cheer the despondent, is using the much-despised tumble-weed on his table as greens and pronounces it both appetizing and nourishing, which means that when the general public "tumble" to the idea no one need go hungry in that state.

Even the man or woman who has too much avoirdupois may also welcome the information that George Ennis, a popular society bachelor of a western state, has invented a salad dressing which rivals a French delicacy in flavor, the principle ingredient of which is white mineral paraffin oil, and the more

one eats of it the thinner he grows. Mr. Ennis is now experimenting on a substitute for butter which will have the same thinning effect.

There is comfort in the thought that this shadow of apprehension will develop the knowledge of our resources so that after the conflict is past, when peace reigns, the bread-winning problem will have lost much of its former enthrallment.

E. B.

* * *

Culinary Tricks Worth Knowing

Do you know:

That sour pickles, especially dill pickles cut in bits, are a welcome change in potato salad?

That half a cup of fine-ground nuts added to custard, form a crust that when baked is delicious?

That boiled and mashed carrots are a perfect substitute for pumpkin in pumpkin pie?

That when making a fruit cake, if you will mix the fruit with the sugar and butter, it will not settle?

That a quarter of a teaspoonful of cinnamon, added to each gallon of chocolate ice cream, gives it a richness, without a suggestion of cinnamon taste, that everyone likes?

That a little orange rind mixed with the apple in apple pie greatly improves its flavor?

That when cooking corn on the cob, if a tablespoonful of vinegar is added to the water, the corn will be snow-white and more tender?

That when boiling new potatoes, if a sprig of mint is added, it certainly improves their flavor?

That wafer-thin slices of smoked beef make a very acceptable substitute for bacon when fried like bacon. R. M. MCK.

* * *

Lazy Daisy Cake

ONE cup sugar, one and one-half cups flour and two teaspoonfuls baking powder, sifted together three

times; into a cup drop whites of two eggs; fill cup up to one-half with soft (not melted) butter; fill up cup with milk, add to sugar and flour and beat seven minutes. Bake in a loaf. Ice with one cup pulverized sugar, one tablespoonful milk and one teaspoonful lemon extract, beaten until creamy and spread. This is a delicious white cake.

Emergency Cookies

Bran crackers
½ cup boiling water
½ teaspoonful salt

½ cup cocoa
1 cup sugar

Mix sugar and boiling water in a bowl, place bowl in pan of boiling water, then add the cocoa and salt, stirring very hard. When smooth, remove from the pan of water and stir five minutes. When cool, (not cold), spread on crackers. This takes the place of cake and is easily made, wholesome and nutritious.

J. J. O'C.

* * *

THIS is what the Food Administration is asking of you. Is it too much?

The wise and careful use of wheat, meat, butter, fat and milk.

The use of other fats for butter in cooking.

The use of other cereals for part of the wheat in bread.

The use of other meats, such as game and fish, or the use of eggs and cheese, to reduce the demand for beef, pork and mutton, should be advocated.

The larger use of fruits and vegetables should be featured.

The proper nourishment of every member of your family is your first duty. The substitution of the foods that are plenty for the foods that are scarce or especially needed for export does not imply any cutting down in the ration of nourishing foods.

Waste must be eliminated.

Perishable foods, locally grown, must be consumed more freely.

The "Gospel of the clean plate" must be preached.



Queries and Answers



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose addressed and stamped envelope. For menus, remit \$1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 3861. — "Recipe for Parker House Rolls in which cornmeal is used."

Parker House Rolls with Cornmeal

1½ cups cornmeal	½ cup melted shorten-
2 cups scalded milk	ing
1 cake compressed yeast	1 tablespoonful salt
½ cup lukewarm water	2 tablespoonfuls sugar
About 1 cup wheat	Wheat flour for soft
flour	dough

Pour the hot milk over the cornmeal and let stand until lukewarm; add the yeast mixed with the water, then flour enough for a smooth batter. Beat thoroughly, cover and let stand until puffy and full of bubbles; add the other ingredients and mix to a dough that may be kneaded. Knead until smooth and elastic. Cover and let stand until doubled in bulk. Turn upside down on a board very lightly dredged with flour, roll into a sheet and brush over with melted shortening; cut into rounds and fold over at the middle of each round. When again light, bake about twenty-five minutes. Use fine-bolted meal which is about as fine as wheat flour.

QUERY No. 3862. — "May Sweet Corn be canned successfully after the kernels have become a little hard?"

Canning Hard Sweet Corn

Sweet corn too hard for eating from the cob may be canned successfully, if only the pulp inside the hard exterior be used. With a sharp knife score the kernels down through each row on the ear, then with the back of the knife, scrape out the pulp and leave *all* the

hulls on the cob. Use this pulp in filling jars to three-fourths their height; let cook in wash-boiler, steamer or canner, until the pulp stops puffing or swelling after being stirred down. Adjust the sterilized rubber rings and covers and let cook about an hour. Seal as usual.

QUERY No. 3863. — "Recipe for Cream or Cottage Cheese made from Sour Milk."

Cottage Cheese

Turn thick, sour milk into a bag and let hang to drain. In about twelve hours, the whey will have drained from the curd. Turn the curd into a bowl. To each pint, add half a teaspoonful of salt and half a cup or more of thick sweet cream. Mix together thoroughly and press into an earthen bowl. Set aside in a cool place. When ready to serve, turn from the bowl.

QUERY No. 3864. — "Recipes and suggestions for use of Cornmeal, also Factory Cheese in Luncheon or Supper Dishes in place of meat or fish?"

Cheese Croquettes

3 tablespoonfuls butter	1 cup American factory
1 cup of flour	cheese cut in small
1 cup milk or chicken	pieces.
stock	½ cup grated Parmesan
2 egg-yolks	cheese
¼ teaspoonful salt	Paprika

Make a white sauce of the butter, flour, seasonings, and liquid; add the beaten yolks, the grated cheese and when well mixed stir in the pieces of cheese; turn into a dish to cool. Shape in balls, cylinders or pears; egg-and-bread crumb

and fry in deep fat to a delicate brown; drain on soft paper. Serve with a green vegetable salad or with crackers. These croquettes are very easily shaped and breaded.

Welsh Rabbit

1 tablespoonful butter	$\frac{1}{2}$ cup cream or ale
$\frac{1}{2}$ pound cheese	Salt and paprika
2 egg-yolks or 1 whole egg	$\frac{1}{4}$ teaspoonful soda

Put the butter into a hot dish, let melt and run over the bottom; add the cheese, grated or cut fine, stir constantly until the cheese is melted, then stir in the yolks of eggs, beaten and diluted with the cream or ale; add also the salt, paprika and soda. Stir until smooth and creamy then serve on the untoasted side of bread, toasted but upon one side, and disposed in shallow, individual egg dishes.

Cheese-and-Tomato Rabbit

1 tablespoonful butter	$\frac{1}{2}$ cup tomato purée
$\frac{1}{2}$ pound cheese	$\frac{1}{4}$ teaspoonful salt
2 egg-yolks	$\frac{1}{4}$ teaspoonful soda
$\frac{1}{4}$ teaspoonful paprika	

Prepare as Welsh rabbit.

Golden Buck

Make a plain Welsh rabbit as given in the recipe; add to this half a teaspoonful of Worcestershire sauce and a few drops of tabasco sauce. Serve on toast with a poached egg above the cheese mixture.

Cheese Soufflé

2 tablespoonfuls butter	$\frac{1}{2}$ cup tomato purée or milk
2 tablespoonfuls flour	
$\frac{1}{4}$ teaspoonful, each, salt, soda and paprika	1 cup, or 4 ounces grated cheese
3 eggs	

Make a sauce of the butter, flour, soda, seasoning, and purée or milk; let boil five minutes, then add the grated cheese and the yolks of the eggs, and, lastly, fold in the whites of the eggs beaten very light. Bake in a buttered soufflé-dish until well puffed and delicately colored, about twenty-five minutes. Let the dish stand in hot water. Serve as soon as removed from the oven. This dish is more conveniently served, when it is baked in individual china dishes or in

paper cases. The latter should be oiled and dried in the oven, before filling. In individual portions ten to fifteen minutes baking is needed.

Cheese Timbales

2 tablespoonfuls butter	$\frac{1}{2}$ pound grated cheese
2 tablespoonfuls flour	Salt and paprika
$\frac{1}{2}$ cup cream	3 whole eggs and 4 yolks of eggs
$\frac{1}{2}$ cup milk	
$\frac{1}{2}$ cup white stock	

Make a sauce of the butter, flour and liquid; in this melt the cheese, and add the seasonings and the eggs beaten until well mixed. Bake in very small timbale moulds, standing on a folded paper in a pan of hot, *not boiling*, water. Let cook until centres are firm. Serve hot with cream or tomato sauce. If desired more firm, use but one-fourth a cup of stock.

Cheese Pudding

$\frac{1}{2}$ small loaf bread	$\frac{1}{2}$ teaspoonful paprika
1 cup cheese in thin slices	2 eggs, beaten slightly
$\frac{1}{2}$ teaspoonful salt butter	2 cups milk

Cut the bread in slices, remove the crust, spread the bread with butter and pile the slices together; cut into strips and then into cubes. Butter a baking dish and sprinkle in a layer of buttered cubes of bread; over it dispose a layer of cheese and sprinkle it with salt and pepper. Continue these layers until all are used. Beat the eggs, add the milk, mix and pour over the bread. Let bake in a moderate oven until firm, like a baked custard, in the center. Serve hot or cooled a little with bread, a green salad or cooked fruit.

Cheese Croutons

Spread slices of bread lightly with butter; above the butter press very thin slices of cheese (American factory cheese); lay the bread in a baking pan, each slice separately. Set into the oven long enough to heat the bread thoroughly and soften the cheese. Serve at once with soup, salad or stewed fruit.

Other Cheese Dishes

Grated cheese may be added to any vegetable in cream sauce, or to vegetable

soufflés. See also Gnocchi à la Romaine in the August-September number of this magazine.

QUERY No. 3865. — "Recipes for Rye Bread and for Bread made of a mixture of Barley Rye and Wheat Flour?"

Rye Bread

2 pints scalded milk	$\frac{1}{2}$ cup scalded-and-cooled milk
2 tablespoonfuls shortening	5 cups rye flour
1 teaspoonful salt	About 2 cups wheat flour
3 tablespoonfuls sugar	
1 cake compressed yeast	

To the milk, add the shortening, salt and sugar; when cooled to a lukewarm temperature, add the yeast mixed with the half cup of milk, the rye flour and white flour as is needed to make a dough that may be kneaded. Use white flour in kneading. Cover and let stand in a warm place until doubled in bulk. Shape for two brick-loaf pans; when again light, bake nearly one hour. Less rye and more wheat may be used.

Rye, Barley and Wheat Bread

Prepare as above, using two cups of barley flour, three cups of rye flour and the rest wheat flour.

QUERY No. 3866. — "Recipe for Sweet Pickled Peaches."

Sweet Pickled Peaches

7 pounds peaches	1 cup water
5 pounds sugar	$\frac{2}{3}$ cup stick cinnamon
1 pint vinegar	$\frac{1}{3}$ cup whole cloves

Dissolve the sugar in the vinegar and water; add the cinnamon and let cook a few minutes. Dip the peaches in a wire basket, a few at a time, into boiling water, then plunge in cold water for an instant; loosen the skin about the stem and slip it from the peaches; push two or three cloves into each peach and let cook, at once, in the hot syrup, turning as needed to soften equally. Drop into sterilized jars. When all are cooked, reduce the syrup by boiling to the quantity needed to cover the peaches in the jars. Adjust the rubber rings and covers as in all canning. The

syrup must fill the jars to overflow and the covers must have been sterilized in boiling water.

QUERY No. 3867. — "Recipe for 'Ginger Cookies without Molasses' given in August-September 1907."

Ginger Cookies without Molasses

1 cup butter	1 teaspoonful soda
1 cup granulated sugar	1 tablespoonful ginger
2 cups flour	

Cream the butter; beat in the sugar, then the flour sifted with the soda and ginger. Stir in as much more flour as can be stirred in easily with a spoon. With floured hands, roll the dough into marble shapes, and set these in a buttered pan some distance apart. Bake to a light brown color.

QUERY No. 3868. — "Recipe for Onion Soup as made by French cooks."

Onion Soup

Peel and wash six onions, and cut them into thin slices, then cook them in one-fourth a cup of hot fat, turning them over and over until they are of an amber shade; sprinkle on two tablespoonfuls of flour, and stir and cook until the flour is absorbed, then add about one quart of white broth or milk and let cook, stirring constantly until boiling, then let simmer twenty minutes. Add salt and pepper to taste. Serve in cups with a spoonful of croutons sprinkled above the soup. Or, spread rounds of hot toasted roll with grated cheese, let stand in the oven a moment, then serve one on the top of each cup or plate of soup. Do not add croutons or roll until the moment of serving.

QUERY No. 3869. — "Recipe for Sweet Cucumber Rings."

Sweet Cucumber Rings

Pare ripe cucumbers, cut them in slices half an inch thick; remove the seed portion from each ring and trim the edges, if needed, to make of good shape. Cover the rings with cold water in which (for two quarts) one-fourth a teaspoonful of salt has been

dissolved. Let stand over night. Drain, rinse in cold water and drain again. Cover with boiling water and let simmer five minutes or until tender. Remove each piece from the water as soon as it begins to be tender, or it will lose shape. Weigh the cooked rings and allow half the weight in sugar, dissolve the sugar in vinegar, using a pint for each three pounds. Add for this quantity of sugar two tablespoonfuls of whole cloves, two blades of mace and half a cup (or more) of stick cinnamon in inch lengths. Let the rings simmer until well-filled with the syrup; drain and store in fruit jars; reduce the syrup by quick cooking until thick as thin molasses, then use to fill the jars to overflow. Adjust the rubber rings and covers as in all canning.

QUERY No. 3870. — "What use other than as a relish may be made of Pickled Walnuts?"

Uses for Pickled Walnuts

Other than some form of relish we can suggest no use for pickled walnuts. As a relish they might be used in decorating canapés of smoked or cured fish (anchovies, sardines) or hard-cooked eggs; chopped fine they would be good in potato salad, or in thin slices might be used as an addition to almost any salad. They would be particularly good with salads in which beets and cabbage are employed.

QUERY No. 3871. — "Give uses for Sour Milk, other than in Cottage Cheese."

Sour Milk Doughnuts

Sift together five cups of sifted flour, one teaspoonful of salt, half a teaspoonful of ground mace or grated nutmeg, half a teaspoonful of soda and four level teaspoonfuls of baking powder. Beat three eggs; add a cup of sugar and beat again; add one cup of hot mashed potato in which a tablespoonful of shortening has been melted, and two-thirds a cup of thick sour milk; add the liquid to the dry mixture and mix together thoroughly. Knead

slightly (part at a time), roll into a sheet, cut into circles and fry in deep fat. Two yolks may replace one whole egg when the shortening may be reduced one half.

Sour Milk Biscuits, Griddle Cakes or Waffles

Use your favorite recipe, substituting sour milk for sweet milk. Allow half a teaspoonful of soda to sweeten one pint of milk, then use a little less baking powder than usual. For two cups of flour in biscuit or griddle cakes use three level teaspoonfuls of baking powder. In waffles where eggs are used, allow two teaspoonfuls of baking powder.

QUERY No. 3872. — "A simple recipe for making yeast is desired by a subscriber in Foochow, China." (Possibly potatoes may not be readily obtained in China, and a recipe for making yeast by other means is hereby solicited for this bread maker.)

Potato Yeast

2 quarts boiling water	$\frac{1}{4}$ cup salt
4 or 5 large potatoes	$\frac{3}{4}$ cup white sugar
1 pint yeast	

Pare the potatoes and cover them with cold water. Grate one potato and pour the boiling water over it, stirring constantly meanwhile. Continue to stir until the mixture boils. Grate the other potatoes and add them little by little, to the boiling mixture. Let cook about fifteen minutes after all the potato has been added; then stir in the salt and sugar. When cooled to about 68° F. stir in the yeast. Let stand about 24 hours, stirring down occasionally. Store in fruit jars, tight-closed with rubber ring and cover. Put into a jar the quantity usually taken for a baking. Use $\frac{1}{2}$ cup of yeast to each pint of liquid taken for bread. Reserve a supply of yeast to start the next quantity of yeast.

QUERY No. 3873. — "Suggest Dishes that may be packed to supply a small automobile party Luncheon and Dinner for two days. Wish dishes that may be prepared in advance."

Dishes for Automobile Luncheons and Dinners

Cold boiled ham, cold veal loaf, cold roast chicken, cold fried chicken, cold



She speaks for a MILLION HOUSEWIVES

*"I use Crisco because it makes
foods delicious and successful
results almost certain."*

CRISCO
*For Frying - For Shortening
For Cake Making*

GOOD cooks know that the taste of foods and their successful preparation depend largely upon the shortening. Therefore a constantly increasing number use nothing but Crisco. Crisco is a pure food product, the rich cream of edible oil, odorless, tasteless, wholly vegetable and has the essential qualities of uniformity, richness and delicacy that help good cooks become better cooks.

Dainty flavors of Crisco fried foods

THERE is no greasiness about Crisco fried foods. The rich brown crust that forms at once prevents grease from soaking in and spoiling the real food flavors. Doughnuts fried in Crisco are crisp and light. Croquettes are so tender inside they are a real delicacy. To use Crisco for frying also means economy. Less fat is absorbed and after frying you can strain the Crisco that is left and use it again with perfect assurance that it will not carry the taste of one food to another.

Crisco makes pastry that melts in your mouth

PASTRY shortened with Crisco is light, flaky, tender and crisp. A shortening that grows rancid will take its bad taste into everything in which it is used. Crisco, tasteless and odorless, is a delicate shortening which has only richness to give to pastry. When properly made with Crisco, pies, shortcakes and cobbles are good through and through. There is nothing tough or leathery about them. The lower crust of a Crisco made pie is as light and appetizing as the upper crust. There is no sogginess. Crisco also gives uncommon tenderness to breads, biscuits, rolls and muffins.

Crisco replaces butter in making tasteful cake

ITS delicacy and richness make Crisco an incomparable shortening for all cakes from the plainest to the richest. Cakes made with Crisco are of fine texture and stay fresh and moist an unusually long time. Crisco is so rich that less of it is required than of butter and it costs much less. The advantage of using Crisco instead of butter is demonstrated in cookies as easily as in fruit cake. Thrifty housewives find that Crisco reduces the cost of cakes and at the same time improves them.

A Helpful Book for Housewives

EVERY woman should know all about Crisco, the cooking fat which will enable her to serve better foods for less money. Read the Story of Crisco. It is found in Janet McKenzie Hill's "The Whys of Cooking", a book clearing up many of the troubles that perplex housekeepers. You should write for

this work by the editor of "American Cookery". It contains many recipes for new and economical dishes. It is illustrated in color. The regular price is 25 cents but we will send you a copy for five 2-cent stamps. Write at once. Address Dept. A-10, The Procter & Gamble Company, Cincinnati, Ohio.

jellied chicken pie, cold broiled lamb chops, cold lamb chops, maitenon, cold stuffed eggs, chicken salad, potato salad, string bean salad, pickled beets, sweet pickled peaches, currant jelly, corn custard baked in cups, caramel custard baked in cups (4 eggs or 2 eggs and 4 yolks to a pint of milk), baked apples, Bordeaux prunes (eaten uncooked), individual jars of preserved figs, ham and other varieties of meat sandwiches, nut and orange marmalade sandwiches, cheese and nut sandwiches, cakes of homemade cream cheese, salted nuts, chocolates, cocoa, coffee, tea or bouillon in thermos bottles, fresh fruit.

QUERY No. 3874.—“Menus for one wishing to Reduce Obesity.”

Menus To Reduce Obesity

Breakfast

Orange
Egg Cooked in Shell
Pulled Bread
Coffee

Luncheon

Broiled White Fish
Celery
Bran Biscuit, Toasted
Cottage Cheese
Baked Apple
Tea

Dinner

Boiled Fowl
Spinach
1 Slice Graham Bread
Cup Custard
(very little sugar)
Black Coffee

Remarks on Diet for Obesity

To cut down flesh, the simplest way is to eat less, though that will not suffice in all cases. Often the special food stuffs that conduce to an accumulation of flesh are largely eliminated from the dietary. The sample menu given above is prepared with this idea in mind; carbohydrates (sugar and starch) and fats are almost entirely omitted. The elimination of the waste from protein falls largely on the kidneys and a diet largely protein is liable to overtax them; thus it is not safe to follow such a menu

as the above without the advice and supervision of a physician. In general, most authorities inderdict the use of sugar in any form; some allow coarse bread and fat (butter, bacon, etc.) but cut out cereals, potatoes, and starchy vegetables. It is best in all such matters to consult a reliable physician, and with his help work out a dietary that suits the individual case.

QUERY No. 3875 — “Recipe for a cake made with potato flour.”

Sponge Cake, Potato Flour

5 egg-yolks, beaten very light	5 egg-whites, beaten very light
1 cup granulated sugar	$\frac{1}{2}$ cup potato flour
$\frac{1}{2}$ lemon grated rind and juice	

The yolks should be beaten until thick, light-colored and very puffy; gradually beat in the sugar, then lemon rind and juice; carefully fold in part of the whites, the flour and rest of the whites. When finished the mixture should be very light and fluffy. Bake in an unbuttered tube-pan about fifty minutes. Let cool in the inverted pan.

Conductorette on the Job

While the men are off to the front, *Tit-bits* notes that the repartee of the conductorette may not be so full-blooded as that of her male counterpart, but its rapier-like qualities are decidedly more effective.

“Alloa, Ethel!” shouted a jovial carman to one of the fare ladies one chilly morning recently. “Feeling cold old dear? Why doncher turn yer collar up like me?”

“Well, you see,” sweetly replied the girl, “I’ve got a clean neck.”

Old Mother Hubbard went to the cupboard

To get her poor dog a bone;
But when she got there —

She found that the bone had been used by Miss Hubbard, her daughter, in making a tasty dish from yesterday’s left-overs. —*New York Sun*.

RYZON Batter Does Double Duty

A LITTLE camp incident revealed new possibilities in RYZON batter. Supplies were low and appetites keen—a girl with a knowledge of Domestic Science and RYZON, The Perfect Baking Powder, saved the day.

A RYZON batter made from the recipe given here allowed more than enough Condensed Milk Griddle Cakes for breakfast. The left-over batter with some added ingredients produced some delicious muffins for the next meal.

Try Condensed Milk Griddle Cakes, and, as you will probably have some batter left over, utilize it in some Inspiration Muffins.

RYZON

THE PERFECT BAKING POWDER

Condensed Milk Griddle Cakes

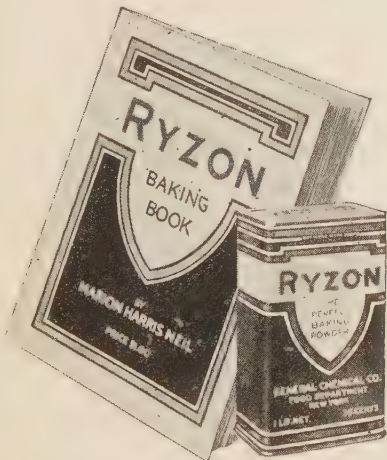
½ cup condensed milk diluted with
1 cup water
1½ cups flour
3 level teaspoonfuls RYZON
1 level teaspoonful salt
1 egg, well beaten
1 tablespoonful melted bacon fat

Inspiration Muffins

½ the griddle cake batter
add
½ level teaspoonful RYZON
½ cupful sifted flour
Sift flour and RYZON together
Bake 25 minutes in medium hot oven

RYZON is 35c per pound. The RYZON Baking Book is priced at \$1.00. It contains many similar interesting recipes. You

may obtain the RYZON Baking Book from your grocer with your first pound of RYZON, or send us \$1.00 and you will receive both, postpaid.



A pound tin of RYZON and a copy of the RYZON Baking Book will be sent free, postpaid, to any domestic science teacher who writes us on school stationery, giving official position.

GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK

New Books

Food Poisoning. By Edwin Oakes Jordan. Price \$1.00 net. The University of Chicago Press, Chicago, Illinois.

The author has analyzed the source and nature of much of the illness due to food poisoning, describing a number of the most characteristic and best-studied epidemics caused by food, and pointing out the need of further investigation regarding certain kinds of food poisoning of obscure or unknown nature.

The book is commendable in that it presents the subject not in elaborate treatises, which attempt to cover several or all aspects of a wide field, but in as summary a manner and with as little technical detail as is consistent with sound method. It gives the latest results in scientific research on a subject of ever-increasing importance.

Better Meals for Less Money. By Mary Green. New York. Henry Holt & Co., \$1.25.

Of this book a reviewer in *The Christian Register* says:—"If there was ever a time when a book with the title given above ought to arouse popular interest, that time is now. Mary Green is a cooking-school instructor, who makes allowance for the natural desire of people to enjoy food as well as to economize, and her recipes suggest good living, even though they are strictly practical. Good meals depend less on materials used than on expert methods in food preparation. Given the use of a book like this one may set about the work of economy in good earnest and find it a pleasant game in which the player is sure to come out ahead. There are recipes that require only a small amount of meat; others that coax vegetables to take the place of meat altogether; others for cakes and desserts that need little butter and only one or two eggs; and still other directions

about inexpensive foods generally or for such relishes as give one the sense of dining well. Added to these are general suggestions for kitchen economy. Such books are enough to make a woman wish to do her own work."

Vocational Mathematics for Girls. By William H. Dooley. Cloth vi + 369 pages. Illustrated. \$1.28. D. C. Heath & Co.,

The author of this book has had many years of successful experience in the conduct of vocational and industrial schools. In preparing the work he has also had the benefit of the co-operation of a goodly number of those who have been eminently successful in similar work. The mathematics is of the sort that every girl should know, whether she earns her living out of the home or within the home. In the section devoted to Problems in Home-making, there are helpful suggestions on the distribution of income; the choice, purchase, and preparation of food; the construction, arrangement, and furnishing of a house; thrift and investment. There are two chapters on Dressmaking, Millinery, and Clothing. There is a section devoted to Arithmetic for Office Assistants, for Sales Girls and Cashiers, and for those seeking to enter the Civil Service. Another section is devoted to Arithmetic for Nurses.

The amount of information that the book contains, aside from the special applications of mathematics, will aid every girl in preparing for successful living. This is arithmetic applied to the problems that are sure to come up in the several callings of real life. We have never seen anything to compare with it in exact performance. The use of this book must show as a result the difference there is between the general knowledge of a subject and in being able to put that knowledge into actual



The One Lone Package

On the Pantry Shelf Shows a Wrong Idea of Puffed Wheat

Some people treat Puffed Grains as tidbits, to be served on rare occasions. These bubble grains, flavory and flaky, seem like food confections. As some folks say, "They seem too good to eat."

That is a wrong conception. Puffed Wheat and Rice, above all else, are scientific foods.

They are whole grains, rich in minerals and vitamins. They supply what flour foods lack.

And they are fitted, like no other grain foods, for easy, complete digestion. Every food cell is exploded, so digestion can instantly act. And the whole grain feeds.

Their easy digestion makes them perfect between-meal foods, or good-night foods, or luncheon foods. Everybody revels in them. Keep plenty on hand, and all three kinds, so children can have all they want of them. At odd hours or at mealtime, they are the best foods one can eat.

Serve in the morning with sugar and cream, or mixed with any fruit. For luncheon or supper, float in bowls of milk. Use as wafers in soup, as nut-like garnish for ice cream. Douse with melted butter, like peanuts or popcorn, for an after-school delight. They are as welcome as confections, and far better for the child.

**Puffed
Wheat**

**Puffed
Rice**

and Corn Puffs

Each 15c Except in Far West

(1685)

practice — all the difference between theory and practice, knowing and doing.

Patriotic Toasts. By Fred Emerson Brooks. Price 50 cents. Published by Forbes & Company, Chicago, Ills. We clip the following, which suggests the smiles in the book:

The Battle Cry of Feed 'Em

Yes, we'll rally round the farm, boys,
We'll rally once again,
Shouting the battle cry of Feed 'Em.
We've got the ships and money
And the best of fighting men,
Shouting the battle cry of Feed 'Em.

The onion forever, the beans and the corn,
Down with the tater—it's up the next morn—
While we rally round the plow, boys,
And take the hoe again,
Shouting the battle cry of Feed 'Em.

The Silver Lining

The Food Advertisements

I have no worry about food
To buy for us to eat;
I'm always in a happy mood —
To plan things is a treat.

The food ads help me out so much,
I read them, every one;
With all the best I get in touch,
It's really lots of fun.

I jot down everything I need —
My magazine will tell,
And carefully all things I read
That advertisers sell.

The foods are guaranteed all pure,
The trademark is a guard;
Of satisfaction I am sure
For me there's nothing hard

AMERICAN COOKERY MAGAZINE

The best does advertise;
For Safety First they're very keen,
And surely very wise.

—Mrs. Grace E. Willey.

Without Benefit of Clergy

Some time ago a dinner was given in New York, at which a well-known actor, who is something of a freethinker along theological lines, sat at the guest table. When the hour for starting the feast arrived, the toastmaster, a very religious man, discovered that no minister of the gospel was present, though several had been invited. In this emergency he turned to the actor and asked him to say grace.

The actor rose, bowed his head, and in the midst of a deep hush said fervently: "There being no clergyman present, let us thank God!"

Frugal to the Last

Not long ago a certain publication had an idea. Its editor made up a list of thirty men and women distinguished in art, religion, literature, commerce, politics and other lines, and to each he sent a letter or a telegram containing this question: "If you had but forty-eight hours more to live, how would you spend them?" his purpose being to embody



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1914

Mother—
Save Little Folks' Stockings

Velvet Grip
HOSE SUPPORTER

Stands great strain and rough wear. The *only* supporter having the Oblong Rubber Button which prevents tearing and drop stitches. Be sure to get the genuine — look for "Velvet Grip" stamped on the clasp.

Child's sample pair (give age) 16c. postpaid
Sold Everywhere

GEORGE FROST COMPANY, Makers
MADE IN U.S.A.

Desserts that Satisfy Men and Children

THESE are popular desserts with active people, children who romp outdoors all day, men with vigorous appetites. For Minute Tapioca besides its appeal to eye and to palate, is a real food furnishing heat and energy. A feeling of satisfaction follows the meal finished with a Minute Tapioca dessert. It should be used at least three times a week in every family.



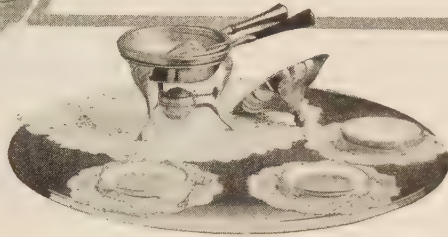
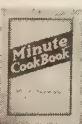
Minute Tapioca is sold only in the package with the famous Minute Man Trade Mark. Every good grocer can supply it

Minute Tapioca

It is never soggy nor lumpy — but always delicious and tempting, a revelation if you're not accustomed to this modern, improved tapioca. Insist on getting genuine Minute Tapioca.

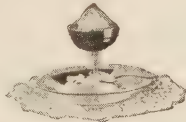
Send for the Minute Cook Book

and learn how to make 124 delicious, dainty desserts of Minute Tapioca and of Minute Gelatine—the two Minute Products that won Gold Medals of Honor at the Panama-Pacific Exposition.



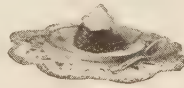
Minute Rabbit

Put 1 cup cheese cut into small pieces, 2 level tablespoons Minute Tapioca, pinch of salt and of pepper (or paprika) into one pint cold milk. Cook in chafing dish or double boiler until thick. Just before removing from fire, stir in one egg well beaten. One tablespoon mustard may be added if desired. Serve with toast or saltines.



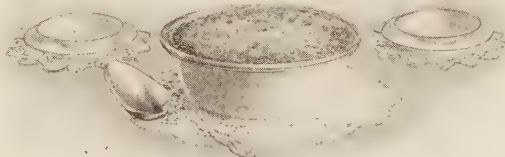
Raspberry or Strawberry Tapioca

Cook for 15 minutes in a double boiler $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{2}$ cup sugar, 1 teaspoon butter and 3 cups of hot water. Crush 1 pint strawberries or raspberries, sweeten to taste and let stand one-half hour. Take the Tapioca from the fire and stir in the fruit. Set in a cool place. Serve very cold. Delicious served with whipped cream. Shown molded in sherbet glass.



Chocolate or Cocoa Blanc Mange

Add $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{2}$ cup sugar and a little salt to 3 cups of chocolate or cocoa made proper strength for drinking. Let cook fifteen minutes, stirring frequently. Remove from the stove, flavor with vanilla and pour into a mold. Shown here molded in a tea cup and served with whipped cream.



Tapioca Cream

Cook in double boiler 15 minutes, quart hot milk, two heaping tablespoonfuls Minute Tapioca and a little salt, stirring frequently. Beat together the yolks of two eggs and half cup of sugar, and at the end of fifteen minutes stir into the milk and tapioca. Cook until it begins to thicken like custard. Remove from fire and whip in the beaten whites of the eggs. Add any flavoring desired. Delicious!

Minute Tapioca Company

910 West Main St., Orange, Mass.



Mrs. Delia M. Derby— in charge of Recipe, Menu, and Household Help Service of Minute Tapioca Company



How the Public Approved Carnation Milk

By A. LOUISE ANDREA, M. C. A.

[Mrs. Andrea is one of the best known authorities on foods and cooking in America. At the Panama-Pacific Exposition she was the exclusive lecturer on cooking, and was awarded a gold medal. She is in great demand as a lecturer on her art.]

In planning my lectures upon Modern Cookery at the Panama-Pacific Exposition, milk and good milk was a prime consideration, for I was to prepare an extensive *menu* — and a different one every day. Moreover, as I was to prove what delicious and wholesome dishes could be prepared from package food-products, I could not of course violate this rule by using ordinary milk and cream obtainable at any dairy. Knowing, however, that good, unsweetened canned milk would meet every requirement and culinary need, I decided to use evaporated milk.

I had tested Carnation Milk while in New York and having found it rich and uniformly good, I resolved to make a prompt and thorough investigation of it at the very sources of its production. Then, if perfectly satisfied in all respects, I would use Carnation Milk in my daily food lectures throughout the continuance of the Panama-Pacific Exposition.

This investigation called for some rapid traveling on my part in order to see the farm sources of supply as well as the plants where this milk is evaporated and put into cans.

I was agreeably surprised to find that the Carnation Milk people had their own

herds of cows, and *splendid herds*, in addition to their buying milk from many farmers. Carnation inspectors visited these farms regularly and special price inducements were held out to the farmers to deliver the highest quality of milk, thereby making more money for themselves, furnishing a better product for the consumer and instilling in these farmers a personal pride in their cows, barns and dairies, resulting in a pleasing state of cleanliness—a marked contrast to the careless, slipshod methods of many farmers who have no such guidance and inspiration.

Then came the condenseries, where one can see the acme of cleanliness; **CLEANLINESS** carried out to its highest degree. I noticed that every can in which the fresh milk is delivered was thoroughly cleaned and scoured, then sterilized with live steam and returned to the farmer. Next, were the glass-lined storage tanks, milk clarifiers, kettles for heating the fresh milk by high-pressure steam, vacuum pans where part of the water is evaporated from the milk, on to the wonderful can-filling machines; each and everything in spotless, immaculate condition.

Thus I saw it all, from start to finish—Carnation Milk from *cow to can*; milk so

clean, so pure and so reliable that it comes as a boon and blessing to the home. Verily, milk of the purest and best, brought to the consistency of cream by simply ridding it of surplus water, by evaporation. Hence the housewife gets *all the food elements, flavor and real values* and is saved from the disease germs and bacteria of exposed and carelessly distributed fresh milk, regarding which, by the way, the health authorities are uttering such solemn warnings. Needless to say, I adopted Carnation Milk with every confidence.

Now the opening day of the Exposition arrived, the great day when the eyes of all the world were directed upon San Francisco. Various friends and acquaintances had warned me that the crowds of people visiting this, the greatest and most beautiful exposition that the world had ever seen, would go for amusement and entertainment and to see collections of interesting exhibits from all over the world, therefore they would not be interested in cooking lectures and food instruction under such circumstances. But, perhaps through the care I had taken to ensure the use of the very best food products only, and the practical demonstrations of how these products could be of service and benefit to housewives for the rest of their lives, my lectures were crowded from the very start and people were waiting to get in each day before my gates opened. In fact, as one magazine expressed it: "At the Big Fair, woman does her duty in sightseeing, with one eye and mind, however, on Mrs. Andrea's food lectures and audience room, where she may relax and really enjoy herself and learn of new food products to get for home, for that is after all the real thing to a woman. So you will not wonder that women go there to learn, for this is the real *human home corner* at the Exposition."

A never failing surprise to many people in my audiences was the fact that Carnation Milk could be used to such advantage and in every way in which fresh milk could be used. Appetizing dishes, including soups, entrees, breads, cakes, puddings, desserts, salad dressings—in fact the whole range of cookery, from soups to candies—with this excellent evaporated milk as an ingredient, were prepared before them, and these dishes when ready were passed around and served by my maid. It was a pleasure to hear the praise and favorable comment expressed every time, for, while they were well-deserved tributes to an article of genuine merit, at the same time I felt rewarded for my careful investigation and the responsibility of selection in the first place.

Then I used to give what was the su-

preme test to each individual in my audiences. I would pour water into a pitcher, add to this water the proper proportion of Carnation Milk and there it was—*whole milk now*—and my maid would serve it in little glasses so that each one could personally examine and taste and thus be completely convinced as to the sterling quality of this milk. An English woman exclaimed—"My word! This is well named Carnation, for it is the Pink of Perfection."

Furthermore, many and many housewives remarked that in appearance and taste Carnation Milk was better milk than they could buy from their milkman. And why not? It was the very best of milk; quality always the same, handled and prepared with unusual care and scientific accuracy, merely bulk and weight in the way of water removed from it, and that means a great deal, for, as most people know, fresh milk contains about 87% water. Therefore, it is obvious that by getting evaporated milk, the housewife is really saving herself from buying water, besides obtaining milk in compact, convenient, sanitary packages and doing away with spoilage and wastage.

Also, we know that for children pure, rich milk affords maximum nourishment at minimum cost; and this was further demonstrated to me by the fact that Carnation Milk was served to children most liberally throughout the Exposition, and the little ones certainly thrived upon it.

Not only did housekeepers from all parts of the United States thank me for showing them the many advantages of Carnation Milk and say that they would use it regularly thereafter for it added so agreeably to the diet list and nourishment of the family, but I had visitors from Oriental countries and other parts of the world where fresh milk is impossible to procure and to whom evaporated milk was previously unknown. Consequently, they were delighted to learn about Carnation Milk, for it was just what they and their families needed, and they in turn would suggest its use and recommend it to friends and neighbors. Because everyone experiences a genuine pleasure in recommending an article of real and proved excellence, I attribute to that fact much of the rapidly developed and enormous demand for Carnation Milk.

Free Recipe Book.

Try Carnation Milk. Order two or three cans now from your grocer. "The Story of Carnation Milk" gives over 100 choice, tested recipes. Write for free copy to Carnation Milk Products Company, 1058 Stuart Bldg., Seattle, U. S. A.

Remember—Your Grocer Has It.



"I Am Going to Make a Dress Just Like That"

"Really, it's not hard at all. You see, I've been studying dressmaking with the Woman's Institute. Now I can plan and make all my own clothes and can copy any dress I see at a third what it would cost ready made. I could make good money as a dressmaker if I wanted to."

7,000 Women Learning Dressmaking at Home

Today more than seven thousand women in city, town and country all over America have discovered the easy, practical way to clothes economy through the simple home-study Courses in Dressmaking and Millinery offered by the Woman's Institute.

These women, by learning to make their own dresses and hats, are finding that they can save two-thirds of what their clothes formerly cost. They are getting a \$35 suit for \$15, a \$20 dress for \$6, a \$5 waist or child's dress for as little as \$1 or \$2, a \$10 hat for \$3.

These are actual differences that you can save by learning dressmaking or millinery through the Woman's Institute. Think what that means with the cost of living so high.

What Some of Our Students Say

I am so proud of the dress I have made. My clothing bills are less than half what they were before.

MRS. JAMES WALTON, Pocatello, Idaho.

I have made many interesting garments from the instructions. They seem to have an individuality that you do not get from a ready-made garment.

MRS. J. MACLEAN, Providence, R. I.

I have earned enough making dresses for relatives and friends to pay for my entire course.

MISS DOROTHY HARMELING, Brooklyn, N. Y.

Have made four hats from old materials and like them better than any I have ever had and have always paid \$ to 20 dollars for my hats. Have never before made or trimmed a hat.

MRS. E. A. TOMBLEY, San Francisco, Calif.

With the knowledge these courses give you, you can secure a good position or go into business for yourself. Good dressmakers and milliners are always in demand. You can qualify now, right at home, for a successful career.

Send this coupon, or a letter or post card for handsome, illustrated book. Please state which subject interests you most.

WOMAN'S INSTITUTE, Dept. 12-X
425 Fifth Avenue, New York, N. Y.

Woman's Institute of Domestic Arts and Sciences, Inc.
Dept. 12-X, 425 Fifth Ave., New York City

Please send me booklet containing full information about your course in the subject marked X.

☐ Home Dressmaking ☐ Professional Dressmaking ☐ Millinery

Name _____
Specify whether Mrs. or Miss

Address _____

the replies in a symposium in a subsequent issue of his periodical.

Among those who received copies of the inquiry was a New York writer. He thought the proposition over for a spell and then sent back this truthful answer by wire, collect:

"One at a time."

A Heave in Time Saves Nine

Tom Roberts is a bayman, which means that he makes his living on the waters of the Great South Bay on the Long Island coast as a trapper and guide for hunting and fishing parties. One day last summer he took a party of city visitors out in his motor boat, The Supreme King, on a bluefishing expedition.

A squall came up about noon, and presently Tom took notice that his guests were not feeling well.

Without exception they were slumped down in despondent attitudes with far-away apprehensive looks upon their respective countenances.

Tom, who ever strives to please, took swift inventory of the pea-green faces about him and reached for the large and well-filled lunch hamper.

"Do you want me to heave this grub overboard now," he asked, "or wait and let you folks do your own heaving after you've et it?"

He Thought It Was Safe

The late Bishop Dudley of Kentucky, according to *The Youth's Companion*, used to relate with much relish an amusing experience that he once had in connection with waffles. At a fine old Virginia homestead, where he was a frequent guest, the waffles were always remarkably good.

One morning, as breakfast drew near an end, the tidy little linen-coated black boy who served at table approached the bishop and asked in a low voice:

"Bishop, won't y' have 'n'er waffle?"

"Yes," said the genial bishop, "I believe I will."

"Dey ain' no mo'," said the boy.

Crawford Ranges

Success Crowns Her Every Dish

Of course you've guessed the secret of her success — it's the Crawford Range. Of the exclusive Crawford features here are the ones she likes best:

Interchangeable Coal Hods — one for ashes, one for coal, concealed, clean — labor saving, means one trip to empty ashes and bring back coal.

Single Damper, which "Bakes," "Checks," and "Kindles" with one motion of an always cool knob.

A Convenient Gas End Oven, equipped with new and im-

proved gas broiler. This broiler is instantly adjustable to hold the food at any required distance from the flame without bending over. It folds away when not in use.

Perfection of design and finish, long service and utility distinguish Crawford coal ranges — or gas combinations.

Ask your dealer.

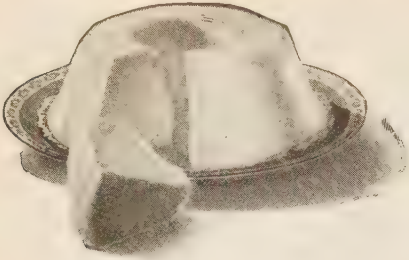
Walker & Pratt Mfg. Co.

Boston, Mass.

Makers of Highest Quality Ranges, Furnaces and Boilers

This style range in four types, Palace, Castle, Fortress and Cottage.





Angel Cake

A simple rule to give your cakes and desserts a new zest. Change nothing in the recipe except where it now reads "flavor with vanilla." Insert there—

The Heart
of the
Dessert

Burnett's Vanilla

The delicacy and deliciousness of Burnett's are true economy, too, —no risk of spoiling a dessert— and flour, butter, eggs, are costly.

"Well," exclaimed the surprised gentleman, "if there aren't any more waffles, what made you ask me if I wanted another one?"

"Bishop," exclaimed the boy, "yo's done et ten a'ready, and I t'ought yeh wouldn't want no mo'!"

Judge Ben B. Lindsey was lunching one very hot day, when a politician paused beside his table. "Judge," said he, "I see you're drinking coffee. That's a heating drink. Did you ever try gin and ginger ale?"

"No," said the Judge, smiling, "but I have tried several fellows who have."

Bobbie had been taken by his father to the circus. The youngster came home round-eyed with excitement and flushed with enthusiasm. "Oh, ma," he exclaimed, "if you go on to the circus with me you'll never want to fool away time going to church again."

—*Boston Transcript*

The late Prof. Lounsbury of Yale was a foe of the purist and pedant. On a summer vacation in the Adirondacks he gazed across the lake one gray and sultry afternoon and remarked. "It looks like rain."

"What looks like rain, Professor?" chuckled a pedant in a rocking-chair. "I've got you there!"

Prof. Lounsbury turned a cold eye upon the critic and answered, "Water."

Dr. George A. Gordon visited a man in the hospital. "I tell you, doctor, I am coming along fine. I eat well and I sleep well. I can't use my mind, but I don't miss that."

This piece of information

We long in vain have sought,

Precisely how much protein

Is there in food for thought?

"Ma, what is 'leisure'?"

"Leisure is the spare time a woman has in which to do some other kind of work, my dear. — *Boston Transcript*.



The Old Days

bring to mind that "Century Old and Century Honored" as applied to

STICKNEY & POOR'S STANDARD MUSTARD

is significant.

From the days of Andrew Jackson, the Gold Craze Days of California, the Mexican War, and the Frontier Days of the early 60's, to the present, Stickney & Poor's Standard Mustard has merited and held public confidence. Its purity and dependability is a family tradition in New England.

To-day there is no "frontier" marking the demand for Stickney & Poor's Standard Products. They are popular wherever housewives demand the best.

Your Co-operating Servant, "MUSTARDPOT"

STICKNEY & POOR SPICE COMPANY

1815--Century Old--Century Honored--1917
BOSTON, MASS.

Mustards - Spices

Seasonings-Flavorings

THE NATIONAL MUSTARD POT



Mother Smiles Wisely

When the second and third call comes for more waffles — she knows that whether served for breakfast, luncheon or dinner, father and the kiddies always dote on her waffles — those crisp, light, golden brown, appetizing dainties.

She smiles when they call her a wonderful cook because she *knows* "It's all in the Iron." Like her mother, she uses the world-renowned



GRISWOLD WAFFLE IRON

This is the only iron that combines all these features: a deep pattern that insures a crisp, well-done waffle — never a doughy one; an even thickness to prevent scorching; an air-cooled handle, the protecting ring that keeps the batter and grease off the stove; and the ball and socket joint that permits turning the iron without lifting the iron from the stove.

It's no trick to make delicious waffles with a Griswold Waffle Iron. Send for our *free* recipe book today — it contains numerous waffle recipes you want.

Griswold Waffle Irons are made of both iron or aluminum, in round or square styles and in sizes to meet your needs. And all good dealers sell them. If yours does not, write for the name of the Griswold dealer nearest you.

"Remember, it's all in the Iron."

The Griswold Mfg. Co.
Dept. A Erie, Penn'a

Manufacturers of the famous Bolo Oven and largest makers of Waffle Irons and Cast Cooking Utensils in the World

**It's all in
the Iron**





Knox Grape Juice Sponge

Soak 1 envelope of Knox Sparkling Gelatine in one pint of grape juice 10 minutes, then heat in double boiler until gelatine has dissolved, add $\frac{1}{2}$ cup granulated sugar and juice of one lemon (if you use the Knox Acidulated Package take $\frac{1}{4}$ envelope of Lemon flavoring found therein instead of using juice of a lemon.) Strain into a bowl, allow to cool, stirring occasionally. When mixture begins to thicken beat with a wire spoon until frothy, add whites of 2 eggs that have been beaten to a very stiff froth. Turn into a mold first dipped in cold water and chill. Remove from mold and serve plain or with a custard sauce made from the yolks of the 2 eggs, or serve with whipped cream.

TO better appreciate the tang of luscious grapes combine their juice with

KNOX SPARKLING GELATINE

into a Grape Juice Sponge—then you will have created a dessert that looks and tastes so good that the most weary appetite will be satisfied.

This is one of our exquisite Desserts that even the after-thought of which "makes your mouth water."

Mrs. Charles B. Knox.
President.

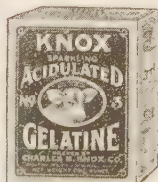
FREE Recipe Book

containing recipes for Desserts, Salads, Puddings, Ices and Candies sent free for your grocer's name. If you have never used Knox Gelatine, enclose 4c in stamps for enough to make a Dessert or Salad,

CHAS. B. KNOX GELATINE CO. Inc.
407 Knox Avenue Johnstown, N. Y.



Each
package
makes
4 pints
of Jelly



Health Hints

DON'T eat too much. If you find you are eating too much, don't eat quite so much, always making sure, however, that you are getting enough nourishment.

Eat the right kind of food. This may be easily determined by the simple process of eliminatign the wrong kind of food.

Get plenty of sleep. Go to sleep, if you are sleepy. If you are still sleepy when you wake up, go to sleep again, but don't overdo it.

Don't drink to excess. A quantity of drink which is beneficial will be found to be quite sufficient.

Take water from time to time, especially during the waking hours. Authorities agree that water should rigidly be eschewed while asleep.

Keep yourself in good condition. Neglect of this rule will quickly put you in bad shape.

Don't do anything to undermine your constitution.

How to Sleep

On which side should you lie when sleeping? On the sleepy side, of course. You know there is a difference—you lie on one side and you don't seem to be comfortable or rested at all, then you lie on the other side and you are comfortable and go right to sleep. That is the sleepy side. Find out the side on which you are most comfortable—and that is the side to lie on.

Of course, if you have just eaten supper and go to bed early after supper, it is best to lie on your right side. If it is two or three hours after you took your meal—and one should not go to bed sooner than that after taking a meal—it makes no difference on which side you lie.

The best food conservation slogan to date is: "Don't stuff your husband but husband your stuff."

"How do you cook pork and beans?" "That isn't the question. How do you get 'em?" — *Washington Star.*

This New Range Is A Wonder For Cooking

Although less than four feet long it can do every kind of cooking for any ordinary family by gas in summer or by coal or wood when the kitchen needs heating.

There is absolutely no danger in this combination, as the gas section is as entirely separate from the coal section as if placed in another part of the kitchen.



The Range that "Makes Cooking Easy"

Note the two gas ovens above—one for baking, glass paneled and one for broiling with white enamel door. The large square oven below is heated by coal or wood.

See the cooking surface when you want to rush things—five burners for gas and four covers for coal. The entire range is always available as both coal and gas ovens can be operated at the same time, using one for meats and the other for pastry. It Makes Cooking Easy.



Coal, Wood and Gas Range

Gold Medal
Glenwood

Write to-day for handsome free booklet 118 that tells all about it, to
Weir Stove Co., Taunton, Mass. Manufacturers of the Celebrated Glenwood
Coal, Wood and Gas Ranges, Heating Stoves and Furnaces.

Practical Binders for American Cookery

We have had made a number of binders in green, red and ecru buckram, appropriately lettered. They are neat, attractive and practical. Each holds conveniently from one to ten copies (a full year) of the magazine.

As there is published in the last number (May) of each volume a complete index, by preserving the magazines in a binder one will have at the end of the year a complete book on cooking and household science always handy for reference.

Sent postpaid for one (1) new subscription to American Cookery. Cash Price 50c

The Boston Cooking School Magazine Co. Boston Mass.

Dromedary Cocoanut

All of the flavor
None of the labor



HILLS-BROTHERS COMPANY NEW-YORK

Buy advertised Goods — Do not accept substitutes



DOMESTIC SCIENCE

Home-Study Courses

Food, Health, Housekeeping, Clothing, Children.
For Homemakers, Teachers and for well-paid positions.

"THE PROFESSION OF HOME-MAKING," 100 page handbook, FREE. Bulletins: "FREE HAND COOKING," 10 cents. "FOOD VALUES," 10 cents. "FIVE CENT MEALS," 10 cents.

AM. SCHOOL OF HOME ECONOMICS, 503 W. 69th St., CHICAGO

CREMO VESCO

For WHIPPING THIN CREAM

Do you know that the "top" of the milk bottle, thin cream or equal parts of heavy cream and whole milk can be whipped as easily and as stiffly as heavy cream?

How? By Using Cremo Vesco

Desserts, soups, salads and cocoa may be served or decorated with whipped cream made from "top" milk without any extra expense or from thin cream or half heavy cream and milk at half the usual cost of whipped cream.

Cremo Vesco is a preparation of absolute purity and healthfulness. It makes the perfect whipped cream for every service. It is more digestible than heavy cream. It keeps sweet longer. **It cuts your cream bill in half.**

Household size, prepaid, 25 cents. 16 ounce bottle whips up 75 quarts of cream, \$1.00. Discounts on Quantities.

CREMO-VESCO COMPANY

631 EAST 23rd ST., BROOKLYN, N. Y.

Realism

The late H. H. Rogers, we read in the *Topeka State Journal*, once took Mark Twain to see a very beautiful and valuable piece of sculpture. It represented a young woman coiling up her hair, and the workmanship was such that the owner's other companions stood open-mouthed in admiration.

"Well," said Rogers, turning to his companion for his verdict, "what do you think of it? Grand, isn't it?"

"Yes, it's very pretty," said Mark Twain, "but it's not true to nature!"

"Why not?" inquired everyone in surprise.

"She ought to have her mouth full of hairpins," replied the humorist, gravely.

Foot Work

The late Jack London, says *Tit-Bits*, once fell behindhand in a story which he had promised a New York magazine.

The editor, after repeated efforts, to get the story, at last called at London's hotel and sent up the following note:

"Dear Jack London: If I don't receive the story within twenty-four hours, I'll come up to your room and kick you down-stairs, and I always keep my promises."

London replied:

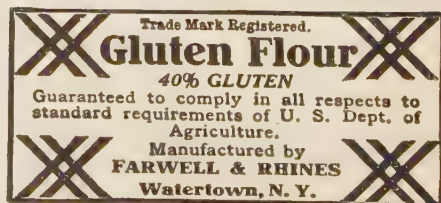
"Dear Dick, — If I did all my work with my feet, I'd keep my promises, too."

Recipe for Teco Cookies

- $\frac{1}{2}$ cupful brown sugar
- $\frac{1}{2}$ cupful ground raisins
- $\frac{1}{8}$ teaspoonful lemon extract
- $\frac{1}{2}$ cupful water
- $4\frac{1}{2}$ cupfuls Teco Pancake Flour

See the advertisement of The Ekenberg Co. on the last cover page of this magazine.

Adv.



Menus for Thanksgiving Dinner

I

Oyster Soup, Oysterettes Celery
Roast Turkey, Chestnut Stuffing
Giblet Sauce
Mashed Potatoes Cauliflower
Rice-and-Fresh Mushroom Croquettes
Cranberry Sauce or Fruit Jelly or Raspberry Sherbet
Lettuce and Shredded Peppers, French Dressing
Pumpkin Pie (molasses and ginger)
Nuts Raisins
Half Cups Coffee

II

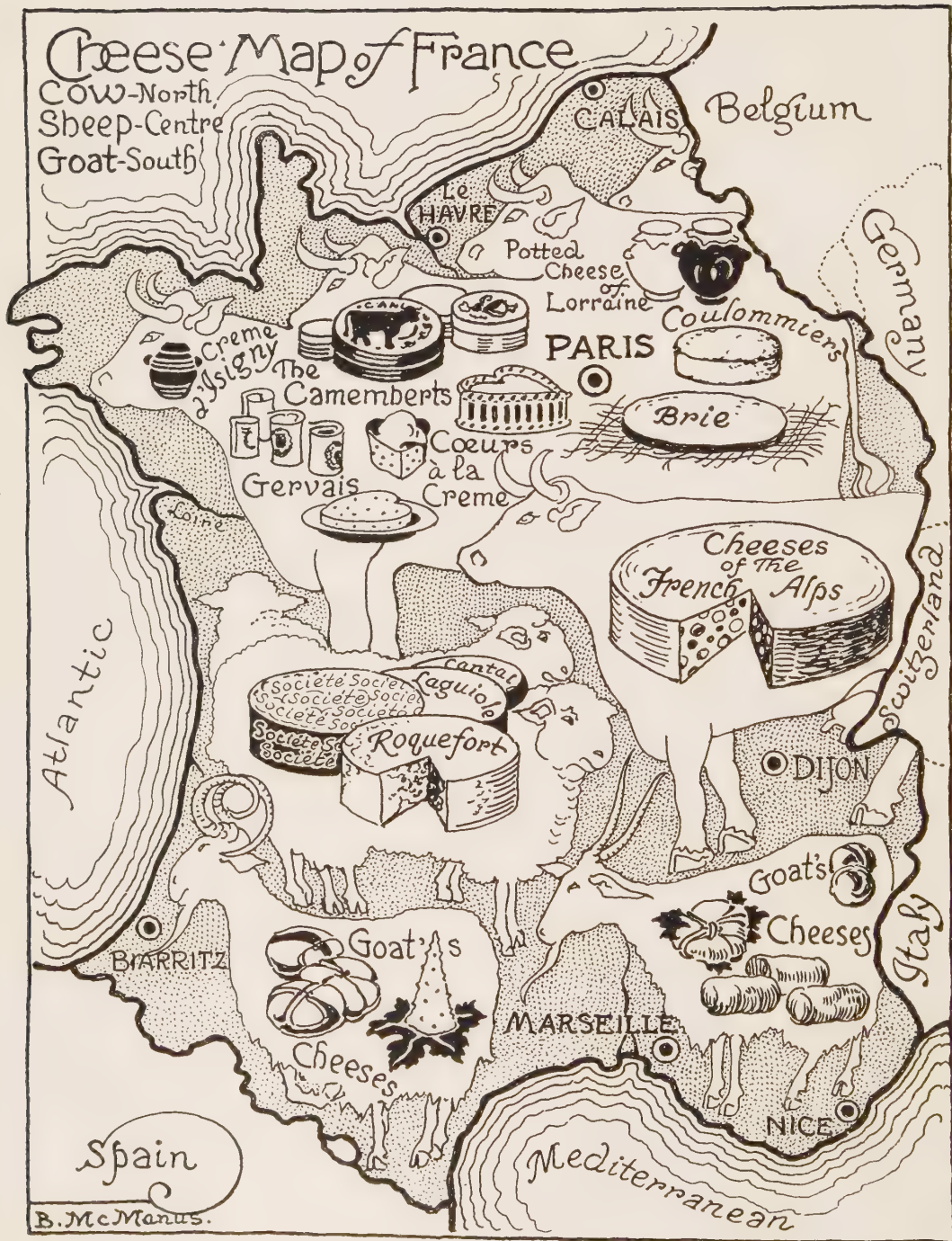
Fresh Fruit Cocktail
Roast Fowl Scalloped Oysters
Mashed Potatoes
Boiled Onions
Canned Corn Fritters
Sweet Pickled Melon Rind
Barley Bread
Lettuce and Celery, French Dressing
Individual Squash Pies
Maple Parfait
Salted Nuts Cluster Raisins
Coffee

III

Clam Chowder, Browned Crackers
Celery Pickles
Ham Baked with Cider
Apple Sauce
Boiled Cabbage, Hollandaise Sauce
Mashed Potatoes
Squash Oatmeal Bread
Baked Cornmeal Pudding, Caramel Ice Cream
Nuts Raisins Figs
Coffee

IV

Emergency Soup (vegetable)
Celery Pickles Salted Butternuts or Peanuts
Roast Fowl (unstuffed) Giblet Sauce
Rice-and-Mushroom Croquettes
Sweet Potatoes, Southern Style
Boiled Onions with Thin Cream
Apple Pie with Vanilla Ice Cream
Young America Cheese
Maple Bonbons Hot Dates Assorted Nuts
Half Cups Coffee



A CHEESE MAP OF FRANCE

American Cookery

VOL. XXII

NOVEMBER, 1917

No. 4

The Pedigreed Cheeses of France

Aristocratic Camembert, Golden Brie, Green-Veined Roquefort, and Sympathetic Coulommiers — A French Cheese for Every Day in the Year

By Blanche McManus

THE cheese test registers close-up the real differences between peoples. The reason: Cheese is the most ancient form of prepared and preserved food of the human race. A figurative legend claims that the world's first apple of wisdom, which was divided between Man I and Woman I, was not a fruit, but a round, hard, white ball made of the milk of wild goats—the precursor of the many members of the great cheese family we know, the proper recognitions of whose claims forms the subtle test of discriminating knowledge of our neighbors and their ways.

Brought down to date the most brilliant example among the nations of cheese fervents is that of the plucky little fighting "Coq Gaulois"—France, and naturally, for it is the home of the most famous race of pedigreed cheeses. For this reason we accept so many of the traditions and customs of the enigmatic French without asking for explanation. Why they live in cold houses, but won't drink ice-water; why, in summer, they mostly live outside their houses and yet have not verandas; why they have the most artistic furniture in the world and never a comfortable easy chair; why they do their correspondence in a public café and consider a visible pocket fountain pen a badge of debasing commercialism; why they kiss each other so much and mean it so little; why their cuisine sets the pace and fashion for the

world and yet they ignore ice-boxes and finger-bowls; why when they produce the finest and most varied lot of cheeses of any country in the world they rarely eat them except for the accompaniment of *dejeuner*.

Here, then, you have the cheese test automatically applied, conclusively showing that France is a nation which "walks by itself."

We rank cheese as we do bread and butter—most useful, but do not allow it to assume superfluous airs; rather it is a stopgap to be fitted in anywhere—for midnight suppers, for both four o'clock and eight o'clock breakfasts, luncheons, dinners, teas, picnics. We harness it to salad, wed it to jelly, dissipate it in "rabbits," squeeze it into sandwiches—and so does all the rest of the world, except the French.

The French take no such liberties and simply shrug their shoulders at the foreigner's lack of appreciation of the temperamental qualities of cheese.

There are four divining rods set upon the French table by which the true measure of the *bon vivant*, the aspiring connoisseur in food, can be gauged:—wines, sauces, salads and cheeses. By the expert combining, and the precedence accorded to these chief accessories of a repast, do the French pass upon the standing of the *gourmet*, who aspires to be catalogued in the "Gastronomical Who's Who." Cheese is more apt to

give away a bluff than any other of the elements because its French etiquette is so simple.

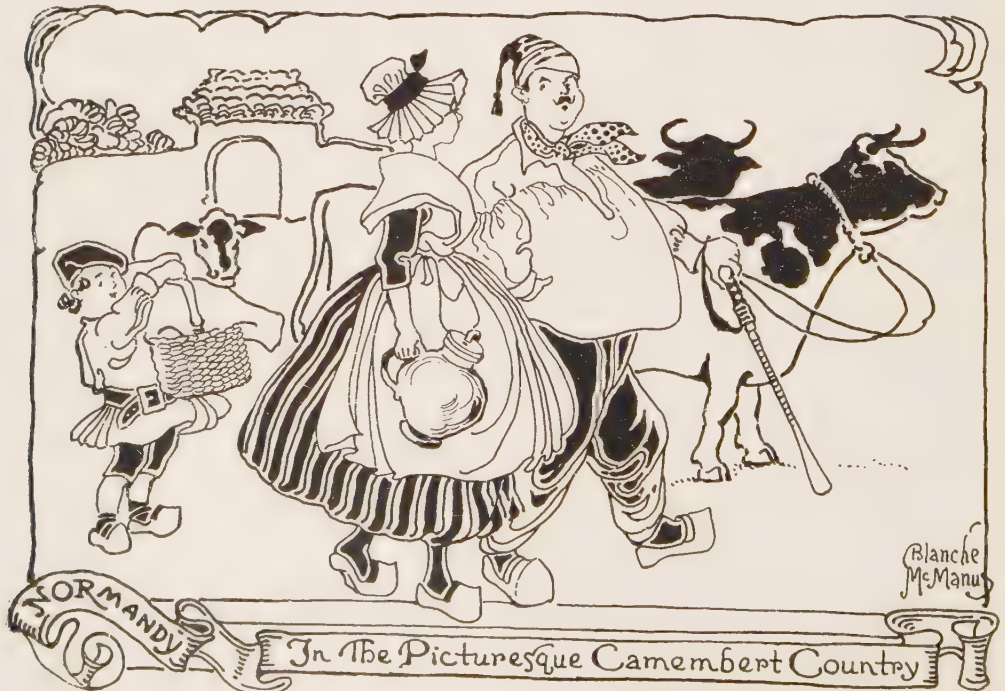
It is permissible for cheese to be eaten during just two hours of the twenty-four; never before noon and only until two in the afternoon. Within this time limit, one's reputation is safe, be the consumption only a modest triangle, slice or spoonful, according to species, eaten always with a bit of bread crust,— the biscuit or cracker, plain or toasted, being entirely unknown. The French never dream of buttering bread as do Americans, or spreading cheese upon it after the English fashion. The most correct finish to the operation of eating cheese in France is with a pear, from which custom comes the French *bon mot*, mysteriously transposed it is true,— "*entre la poire et le fromage*." Also cheese never absents itself from the midday dejeuner.

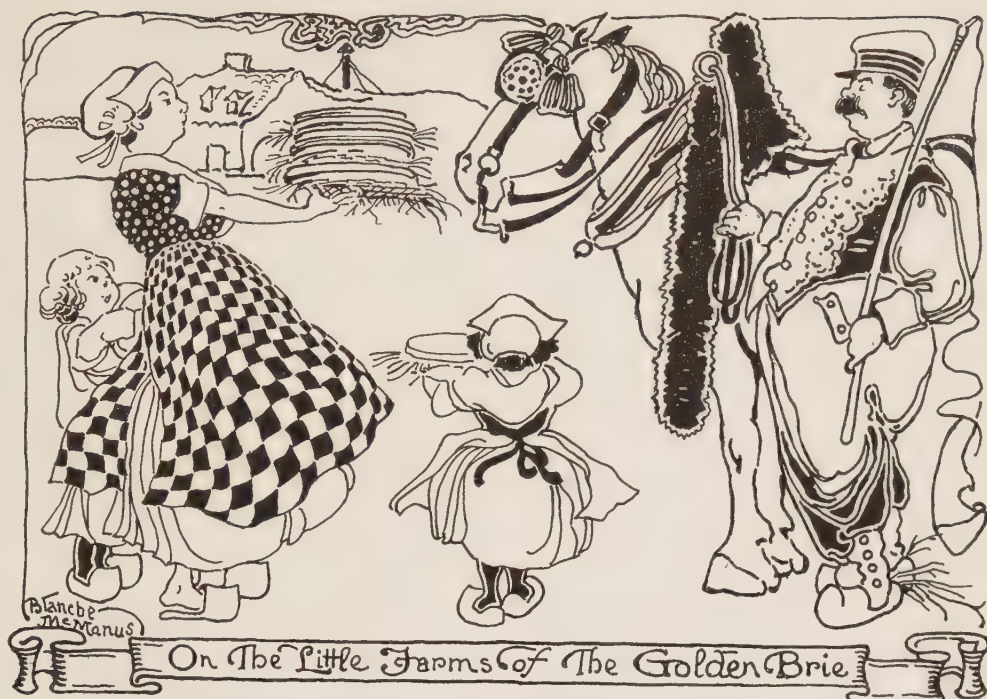
Not only is the hour for eating cheese fixed but the season as well. The cheese calendar follows a well-laid down régime; yellow varieties for autumn and spring,

green for winter, white for summer, a symphony which unfolds like a fashion-plate. And this with reason, for the French set the world's modes in exquisite, coagulated milk products as they do for expressive language, chic dress and fine wines.

The three great branches of pedigreed French cheeses whose fame and good name have girdled the universal dining-table, and which play the star roles on all our menus, are the ecru-tinted Camembert, the golden-hued Brie and the green-veined Roquefort. A long and varied list of understudies follow in the train, and there is a multitude of more modest relatives of the family which easily run the list of the French cheese blue-book up to a hundred or more varieties. There is not a hidden dimple in the smiling landscape of *la belle France* but that can boast of its own particular local brand of cheese.

Camembert, whose cradle is the little commune of the same name in the Department of the Orne, is the most popular, most widely eaten and most





largely produced of all French cheeses. If not alone for its excellence, its popularity has impressed itself indelibly upon our retinas by memory of the little round wooden boxes and their labels, which bear pictures of the plump Normandy cow and the equally plump Normandy milkmaid.

This oldest and most picturesque of the old French provinces is the home of the Frenchman's pet cheese, and, curiously, while it is not the most expensive, it costs the most to put up and handle, its "accessory" costs often rising to fifty centimes (ten cents) the cheese for labelling, boxing and crating. All high-class Camembert cost from fifty to two hundred per cent more than "near" Camembert, which assures the real thing being something quite different from merely what is called "type-camembert," when it is spelt with a small *c*.

In French cheese *technique*, solidified milk products are divided into two classes—*fromages fermentes*, or raw

cheeses, belonging to the cold class; *fromages cuits*, or cooked cheeses, of the hot class. The cold cheeses are of milk with the cream left in, called by the French fat cheeses; the hot cheeses are those of skimmed milk and belong to the thin, or *maigre*, class.

Camembert is a cold, fat member of the French cheese family, made entirely of the milk of the famous dun-and-white neighboring Jersey breed.

A genuine Norman Camembert farm is managed down to its smallest detail by the sturdy, blond Norman type, who wears a short blue linen smock and big wooden *sabots* and carries a cattle-stick, or *baton normand*, slung on his wrist by its plaited leather thong—a custom, by the way, which has set the latest fashion for the military wrist umbrella. He superintends the out-of-doors end of the enterprise; his wife and daughters, in big aprons enveloping a neat black dress, and wearing the white coiffes of the countryside, attending to the interior management of the dairy. The chil-

dren take the cows out to the pasture, each attached to a chain which is staked into the ground, the radius of the chain's circle rationing the cow according to the proscribed need for the quantity of milk required daily. All this has been figured out mathematically and so each day a new circle is browsed clean. To see the apple-green, gently-rolling Norman countryside, guiltless of fences, stamped with mystical Druid-like circles, of which a sad-eyed cow is the hub, suggests a new sort of puzzle map.

Milking is largely done in the fields, for with the soft, damp climate the animals are often left out of doors continually, night and day. The Norman farm-houses are usually huddled together in the villages, farm laborers of all ranks going to their work in the fields, returning only to the farmhouse on the completion of the day's work.

In high, two-wheeled carts, drawn by big-hoofed Norman horses, trapped out with colored worsted tassels dangling before their eyes and blue-dyed sheepskins draped over their high collars, the milk is carried to the local *fromagerie* in big tins much like the milk cans the world over.

To bring about the coagulation it is here *caseine* by the addition of *pressure*, an acid matter from the stomachs of new born calves, which causes the fresh milk to congeal and ferment. The demand for this article being so great, an artificially prepared chemical substitute is now largely used, producing, it is said, the same results, but not if you are in the know.

Camemberts are packed in their little, round, wooden boxes, while still verte: that is — fresh, the mellowing process developing naturally in the course of time. The expert tester can tell by the sensibility of his finger tip as he prods their wrinkled skins just the degree of ripeness which the cheeses may have attained, and accordingly what their value in the market may be. There are many substitutes, near or far relations

of Camembert, coming from contiguous regions, but none which quite takes its place. Genuine Camembert, it may be stated, has more than doubled in price since 1913 and is now quoted at approximately twenty-four dollars the hundred, which obviously means that what you buy for the equivalent of fifteen cents at the Paris corner grocery is not the real thing at all.

The land of the big, flat Brie cheeses, which look like mammoth gold dollars, lies to the east of Paris, between the grand old cathedral town of Meaux and the royal splendors of historic Fontaine-bleu, its little farms reaching up almost to the gates of Paris, flat and uniform, too, as the cross-hatched surfaces of its cheeses. The Brie stage is not set so picturesquely as that of Camembert, if the landscape, or *paysage*, be in question, but is a country of quaint, walled farms and mediaeval donjons. There is nothing otherwise more thrilling than a vast checker-board of fields of pink clover, carrots and parsnips, the ownership of which is marked only by small white stones set at each corner. These fields serve as the cattle feeding grounds, for the lush evergreen pastures which give their flavor to Camembert are lacking.

Near each little red-topped farm house may be seen a low, rambling, barn-like building with a smoke-stack protuberance, the cheese *usines*, or factories, where the Brie is made, and, it must be confessed, in a more primitive fashion than their rivals of the little wooden boxes. The *mottes* of solidified milk, after being patted into the shape of big medallions, are laid on individual straw mats of crude weave and then laid out on tables of rough planks to mature. This gives the strong, wrinkly skin which encloses, finally, the most velvety of all the vast French cheese family.

Brie is also a fat, cold cheese made from cows' milk with the cream left in; more cream is contained therein than in any other. The total output is some-

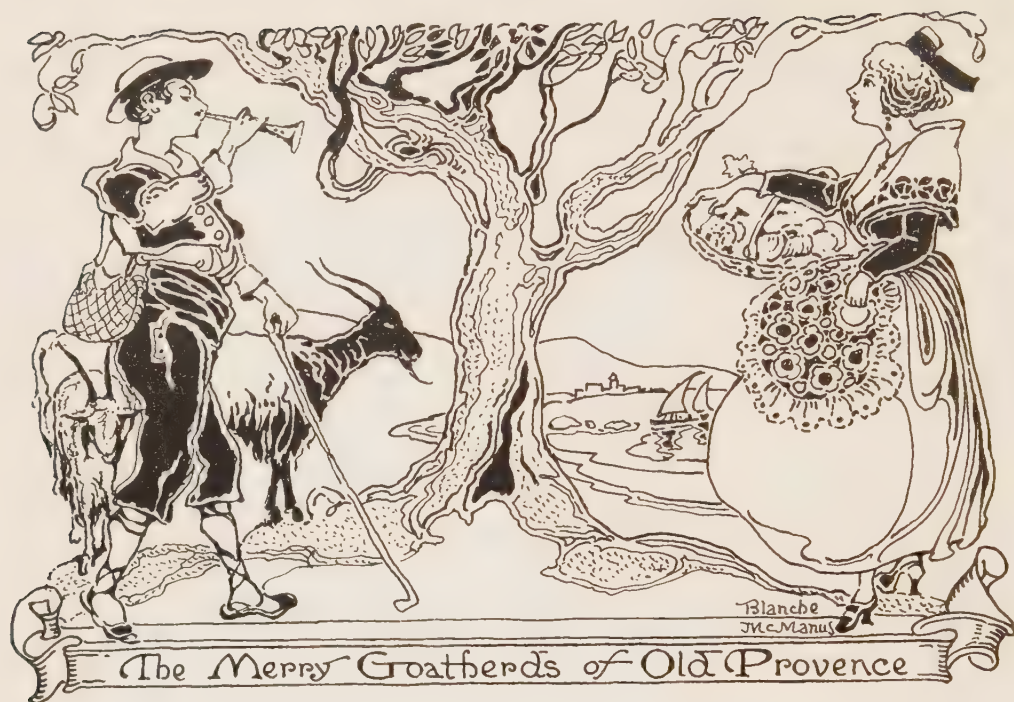
what less than that of Camembert and is divided into two chief classes, the *brie latier* and the *moyen moule*. It comes to the Paris wholesale cheese market at Les Halles in big, lumbering country carts over the long, straight, tree-lined roads that stretch out, with Paris as their hub, like a great spider-web over a dewy meadow, the straw mats being the only packing, and the stock still showing the cross-hatched impression as a chief mark of quality. How hygienic the method may be is another story, as the loads are open to all the winds and dusts that blow.

These two famous brands of French cheeses have had their exciting shares of war fortunes; Camembert, alone, as the French say, has made a "fortune of gold." Just before the outbreak the government added cheese to the fighting rations of the soldiers at the front, which shows the good standing that this nourishing dairy food enjoys. Camembert, being obtainable in large quantities and easily transportable, has been daily shipped by thousands of crates

to the army front, but its real good fortune may be said to have come from the fact that the principal base of the British Expeditionary Force in France, of two millions or more men, draws enormous quantities of supplies from this particular section.

The fortune that war brought to Brie cheese was that of immortality. It was over the little clover, carrot and parsnip feeding ranges of the little red cows of the Brie country that history wrote its great page during the Battle of the Marne. It is in the soft folds of this pleasant river valley that is minted the golden coinage of this lucky cheese, whose name is forever twined with the laurels of this almost supernatural victory. And the big souvenir of the war in the land of Brie to-day is a certain farmhouse of one of the biggest cheese manufacturers where Prince Eitel, the Kaiser's second son, gaily played on its piano at the moment the flood of invasion reached its crest at the little nearby village of Lassigny, scarce a score of miles from Paris. By way of recuperat-





ing the losses of the Brie cheese-makers of that memorable summer, we here in France are paying a price for this delightful cheese, which really melts in one's mouth, a price which is rising to a new height each week. This melting quality makes of Brie the ideal spring and autumn cheese, while Camembert, according to its hardness or ripeness, can hold its own the year round.

Not a far relation is the Coulommiers, and if it is *double-creme* (which is taken to mean that additional cream has been added to the natural pate, or body), there is a succulence to it—though frankly it is more of a dessert cheese than one of the digestive quality—which gives it almost a supreme rank to many critical palates. There is a little restaurant in Paris, on the "Boul Mich," which draws its supply from some unique hidden source, which it has kept secret for years. Needless to say, this double distilled cheese can not be found on the ordinary market stalls; at least, I have not been able to run it down in a dozen

years. It is, as compared with other cheeses, as cheese to chalk, but rather more putty-like in consistency.

It takes the delicately attuned palate of the gastronomic connoisseur to appreciate the most reputed of the three types of French cheeses and to get the savor, to the fullest extent, of its peculiar salty flavor. It is for this that the savant puts Roquefort only on the winter menu. In the Chamber of Deputies the other day it was referred to as the King of Cheeses. This appropos of a discussion as to how its good name could best be protected from falsified brands. Tallyrand in his day called it also *primus inter pares*.

Far from war's great spitting canons and bursting bombs lies the habitat of Roquefort, the best pedigreed of all cheeses. Grey, silent and solitary, it is folded away on the high central plateau in the very heart of France in the Department of the Aveyron, little known and rock-bound like the mountains which surround it; far off, too, from the

well-beaten trails of tourists who have blazed so thoroughly their ways through the lands of Brie and Camembert. The trails over its rolling hillsides of chalky rock are principally those tiny tangled threads of paths made by the feet of the many flocks of sheep, guarded by brown-cloaked shepherds and their sole companions, their faithful sheep-dogs.

It is from sheep's milk exclusively that this aristocratic *finis* to the *bon vivant's* repast is made, and its individual flavor is due to the peculiar herbs on which the sheep browse. The little town of Roquefort, nestled in one of the white seams of this lonely plateau, gives its name to the cheese of the neighborhood. It has a population almost exclusively of those of the cheese industry, and from this insignificant little townlet is sent out to the world a yearly supply of about six millions of francs worth of this green-and-white, mottled cheese.

The fabrication of Roquefort, whether in little or *en grande*, is regarded as a trade secret, guarded jealously, its science handed down through successive members of a family from parents to children. Nor are visitors to the dairies or the curing vaults encouraged. The general lines of its handling are as follows: The milk of the *brebis*, or sheep, is coagulated, as are all the fat-cold cheeses, with the acid of *presure* and then allowed to ferment. This fermentation of sheep's milk, different from that of cow's, produces the bacilli of the imposing name of *penicellium glaucum*, which are simply millions of infinitesimal mushrooms which form the green veinings that give the peculiar marbling to the pure white *pate*. During their period of ripening, Roquefort is entombed for months in underground, deep caves which honeycomb the chalky white hillsides roundabout. Here the strange, penetrating humidity of the crumbling white walls and roofs and soil induce the cheeses, once shaped in their form of thick disks, to grow long, hoary beards, like floating veils of some rare

form of stalactite. These beards are "shaved" periodically and it is said that the skilful barbering at correct intervals has much to do with the manifest superiority of Roquefort over the "near-Roqueforts" of Corsica, which product, it is regretfully stated, gets its distribution through the world largely on the reputation of the genuine article, not a little of it, in the *pate* being actually sent to Roquefort and restarted on its travels from there.

Roquefort, the *fromage de luxe*, has received the dubious compliment of many substitutes, the most formidable being the the *fromage bleu* made in the foothills of the mountain background of Mediterranean France just to the northward of the Riviera, the playground of princes. This "blue cheese" is cheap both in price and taste. Much of the real Roquefort is controlled by a close corporation, or trust, the bulk of the product going out to the world wrapped in an envelope bearing an "all-over" design of the monogram or the trademark of one or another of the well-known "societes," or shippers. To falsify the *marque*, or label, is, under French law, counterfeiting. This is protecting an industry, not harassing it.

If Roquefort is the king of cheeses, it has two famous vassals, though manifest low-bred types; one that of Laguiole, the other of neighboring Cantal. They are known as the *fromage du pauvre* — poor man's cheese, something akin, one fancies, to what we call mouse-trap cheese. Of the former it is claimed that any but a connoisseur would call it the same as Roquefort, but the latter is manifestly a hard *pate*, almost petrified. Ripening with it appears to mean hardening; certainly that is one of its notable characteristics.

France, too, makes enormous quantities of what is generally known as Swiss cheese — at any rate what is best described as the big cheese with the big holes. In the Alps of Savoie, under the shadow of Mont Blanc (which is itself

French and not Swiss) and in the old province of the Franche Comté in the mountains of the Jura, bordering upon the northern Swiss frontier, are found the big industries which are devoted to the fabrication of this specious cheese so often wrongly called Swiss. The French themselves do not pretend that it is — certainly no expert would attempt to pass it off as Emmenthal or Gruyère of origin.

In the genuine Gruyère country the cheese, so called, is usually the product of the small milk-farmer who pastures his cows in summer (and makes his cheeses on the spot) in the high Alps of the Bernese Oberland. The "holey" cheese of the French mountains is essentially an industrially manufactured cheese though, indeed, in no way inferior to that of the Mountain Republic. To be sure, there is a little echo of jealousy from makers of other French cheeses, to the effect that the makers, even in France, are Swiss by birth, but this is more a political big drum than anything else, and assuredly the cheese is French.

It is certain that this "type" Gruyère has not the *finesse* which commends it to the good liver as the closing chapter of the classic French menu; rather it is the topping off of a simple repast consisting of a *plat-du-jour*, a vegetable and bread *à discretion*.

Other essentially luncheon cheeses are those which the French group under the family name of *fromage à la crème*, mostly made for daily consumption and therefore cannot be, or at least are not, exported from the country. The gem of the collection is the before mentioned *double-crème*, the pearl, white Coulommiers, a side issue of the Brie industry.

The daintiest of all is the *coeur à la*

crème, evanescent as it is delicious, appearing first in the spring time and fading away with the summer. It is the most romantic and sentimental of cheeses as its name indicates.

There are also innumerable frankly minor cheeses, as *demisel*, or half-salted, and a whole family of goats' milk cheeses. The latter are considered a great epicurean, if not fashionable, delicacy. To get them, at their best and in their greatest profusion, one must journey south, along the shores of the Mediterranean, in the Maritime Alps and in the Pyrenees, the backgrounds of the Riviera, and the Silver Shore of Biarritz and the Basque Country. All along this southern rim of France wander the pastoral, shaggy flocks of brown, black and white goats, descendants of their desert ancestors. The goats' milk cheese one gets in some lonely Provencal *mas*, or farmhouse, is doubtless made after the formula of hundreds of years gone by, but in spite of this you may even become *tres amateur* in spite of the fact that to eat them is much like biting into a pungent putty. Some are kept buried in the ground for indefinite periods, others rolled into balls and enclosed in a coverlid of plaster, others merely bound in fig or grape leaves. Some are in batons, some in rolls and some in balls.

And this is not all. One might, indeed, keep calling the cheese roll indefinitely; but those mentioned seem sufficiently representative to define the place which the pedigreed cheeses of France find on the table in the land of good cooks, though it is claimed, and not unreasonably, it would seem, that there is actually a different one for every day in the year.



A Thanksgiving Try-Out

By Helen Forrest

C OUSIN JAMES was writing his Thanksgiving invitations, writing them with deliberation on heavy linen stationery which bore at top his laboriously resurrected family crest. Time was when James Wilmot, man of business, would have dictated these notes to a rapid stenographer, who would have dispatched them accurately as per list of addresses, but that was before he had attained his cousinhood, before he married Ellen Oglesby. Today the room in which he wrote, its correct coloring and furniture, the crested note paper, yes, his very occupation bespoke the results of his two years of matrimony, his careful finishing at the hands of Ellen, his wife.

Now for two years a widower, he had sincerely mourned Ellen's loss, but he had held firmly to his kinship with the exalted family of Oglesby, the only wedding gift his well-born but impecunious bride had brought to her self-made husband, who had built his mill in her native town.

He had maintained in solitary state the dignified home of Ellen's planning, and to-day, as in their first November together, he was summoning the clan to celebrate with him the national holiday, taking the list from Ellen's careful address book.

In this family gathering James Wilmot's purpose reached beyond the strengthening of the cousinly bond. He was frankly lonely in his big house, lonelier than ever now that the holiday season was approaching, and he decided to turn more to the Daughters of Heth, by which he meant the tribe of Oglesby. Among her kinswomen he hoped to find a successor to his satisfactory Ellen.

The plan was outlining itself in his orderly mind; the family connection was to be invited for an all-day seance

and out-of-town Oglesbys were to be included until the many rooms of the big house were filled. This house-party must of necessity last for two nights and a day, since custom had made the Oglesby Thanksgiving dinner a day function. In an apparent excess of hospitality, then, Cousin James had invited each and every guest to remain for an informal supper.

He was, in fact, planning a try-out. For five meals and an afternoon tea, the women of Ellen's race should move among her familiar surroundings, the more possible among them should, at his request and in turn, occupy her place at the tea or coffee service. Thus aided and by a process of elimination, Cousin James trusted he might be guided to the choice of a permanent hostess for his empty house.

The clan responded with enthusiasm; here was an opportunity to show their approval of Cousin James' respectful observance of the period of mourning. Also, as ran the vulgar phrase of the outsiders in their home town, "the Oglesbys are long on blood and short on coin," and there was obvious relief in the fact that even a gathering of cousins en masse would not tax the resources of the Wilmot house.

"The preliminaries are on," Cousin James remarked aloud as a pile of notes greeted him at his solitary breakfast table a few days later.

Who in the world was addressing him as "Dear Uncle Jim"? The end of the note revealed the fact that a youthful cousin Ellen, to whom for her name's sake he had willed his late wife's rings, was accepting for herself and her widowed mother.

"Two possibilities there," noted the methodical James, "but the uncle idea is a poor start."

"We awfully want to come," this from lively Mrs. Tom Oglesby, "but Betty is staying with me, Tom's cousin, you know she married and went to California before you came into the family and her husband died five years ago."

On the back of the letter careful James made an endorsement, "include cousin in invitation."

Cousin James set about his entertaining in generous spirit. The services of a caterer were to supplement the work of his own satisfactory cook; the house-keeper's niece was to come to the aid of the second girl whom the late Ellen had so carefully trained, and a florist was given directions to keep the house properly decked during what Mr. Wilmot mentally termed "the invasion."

Thus it was that, on the late afternoon of the day before Thanksgiving, Cousin James was welcoming the outlying members of the Oglesby clan. The square reception hall was scented with flowers, an open fire blazed on the hearth and was reflected in the silver tea service.

"Women in plenty," he observed silently as the tide of guests flowed in, and, truly, the house of Oglesby boasted many a maid, since in all time the "penniless lass wi' a lang pedigree" is apt to be a tardy bride.

Little Ellen rushed in first, and kissed him impulsively, to the horror of the dignified mother, who by her marriage had annexed a demonstrative but short-lived husband to the conservative Oglesbys. Ellen's eighteen years sat lightly upon her.

"Uncle Jim," she whispered confidently, "ask that nice Billy Smith over here, won't you? I saw him as I came by his house, and I used to know him."

Then followed a dignified teacher from a girl's college, preceded by her father, one of the patriarchs of the tribe, then his brother-in-law, John, with his wife and boy. Last of all came cheerful Mrs. Tom Oglesby tripping lightly in advance of her slightly heavy-weight husband, who escorted a stranger, whose

clear brown eyes and fresh color rose undaunted above her black draperies.

"My cousin, Mrs. Thompson," began Tom Oglesby ponderously — "Cousin Betty" corrected the guest's well-modulated voice. "I was named for great-grandmother Oglesby, Cousin James, and her somewhat informal cognomen is my all."

"Hurry off your wraps" urged James, the responsible and solitary host, "and we'll have some tea." Wise in his generation he looked to food to weld these various cousins into a sociable whole.

The caterer had provided lavishly of sandwiches and rich cakes, the house-keeper's niece hovered neatly in the background.

"Let Fate begin the try-out," decided James Wilmot, "let the first lady down pour tea."

Stepping primly appeared the college instructor, who, at her host's request, seated herself at Ellen's tea-table. Painfully precise she studied the taste of each guest; a tense atmosphere gripped the room, dispelled only when little Ellen and John Oglesby's boy rushed about with piled-up dishes of the sandwiches and cakes and much laughter.

"Not Cousin Elizabeth," noted James Wilmot, "I could not stand her."

Try-out number two occurred at dinner when little Ellen's mother, tall, spare and erect, a very Oglesby, was led to the foot of the table. Here were quantities of nerves, sudden unexpected starts, a rattling of coffee spoons and china. The talk directed by the temporary hostess drifted drearily toward departed relatives. James gathered the conversational reins into his own firm hands while he decided — "No comfort there, I must try again."

"Oh, let me pour the coffee, Uncle Jim, I'd love it so"; this from little Ellen as they descended on the breakfast table.

"So be it," he assented cheerfully. It was pretty to see the girl behind the coffee service; it was play for all her eighteen years. If she were ten years

older, but eighteen and fifty — "she's a nice child, anyway" noted Uncle Jim, "and I'll give her that little pearl and diamond ring of Ellen's when she goes home."

The big Thanksgiving dinner pressed a trifle hard on James Wilmot's mind. His house party was to be augmented by countless cousins in for the day. He left the breath of contest between cook and caterer; here was no place for a try-out.

"Help me out!" he begged Mrs. Tom Oglesby, and she slipped gayly into her chair at the end of the long table where from fruit-cocktail to coffee the family dinner moved to its fortunate end.

"We're never going to eat again!" — this from some of the older kinsfolk at eight o'clock, while the younger ones faced appreciatively the table decked copiously but informally for a buffet supper.

"Betty," asked Mrs. Tom in an undertone, "can you still make a Welsh rarebit? It's the only thing I could eat after that big dinner, and your 'bun-buns' are the best things I ever ate."

"That I can", responded Cousin Betty, most desirable in her filmy black gown.

"Then don't try to eat now," this from lively Mrs. Tom, "just make a bluff at it and later on, when this motley throng has moved homewards and upstairs, a chosen few of us will have a feast. I'll tell Tom and James to save some appetite for later on."

Never had James Wilmot been so thoroughly the cousin as at this informal supper, chatting with groups of his guests from grown ups to the youngest boys and girls seated near the well filled table. Outwardly benign and inwardly critical he moved. The try-out was narrowing down. Among these kinswomen in his home only three had qualified, little Ellen, Mrs. Tom and Betty. He caught his breath with a visible start which endangered the plate of salad he was passing to one Aunt Mary, Mrs. Tom and little Ellen were not possible — remained then Betty.

Betty and Mrs. Tom; yes, Betty especially had helped him out ever since their arrival, sharing his burden in friendly fashion, and now at the close of the day making this last event a success. She, Betty, was shorter than most of the Oglesby women with whom she was chatting, more frankly feminine, charmingly rounded, as opposed to their pedigreed angularity.

At half past ten, when the last of the house guests were climbing the stairs, Mrs. Tom touched her host's arm.

"Jim," she whispered with a pleasing informality, which proclaimed her Oglesby by marriage only, "I've been bribing your cook and, this very moment in the dining room, there is building the grandest of rarebits. Speed your sleepy guests and come."

With a pleasing school-boy sort of feeling in a stolen treat warming his heart, James Wilmot soon hurried through the deserted hall and, pushing aside the portières, joined the little group at a small table near the fireplace.

The lights were turned low, and candles burned around a bunch of yellow Thanksgiving chrysanthemums, which, in turn, were flanked by dishes of olives and salted nuts. Tom Oglesby was making toast at an open fire; his wife was lighting the coffee percolator, while behind the chafing dish, daintily stirring a creamy, bubbling mixture, sat Betty.

"Sit down, you hard worked man, and have the first bite of my rarebit," urged Betty — "it's warranted not to keep anybody awake."

With a curious feeling of unreality Cousin James took his seat. Was this, in truth, the sober, stately dining room of Ellen's furnishing? Was this candle-lighted table with its happy informal little group actually in touching distance of the solid mahogany where dully, though with honest pride, he had shared in Ellen's dinner parties!

But Ellen, rest her soul, was gone, and here was Betty, the home-maker, in her place. Then, watching her with

a sense of journey's end, he was conscious of a surprise; Betty was not taking Ellen's place; not thus could his late wife have bent from her stately height to good fellowship and cheer. Never, oh, punctillous Ellen, would she have sat at the little table or stirred a rarebit. Rather did his happy thrill recall the days of his boyhood when he had watched his young mother making molasses candy for him.

The merry little supper was too quickly over, and Tom declared he was off for bed to make ready for their early start.

A cold chill gripped cousin James; his try-out had been so sudden and so conclusive, and now the wonder of a woman was to leave his roof the next day, surely the desired of a world of men.

Not thus had James Wilmot attained the business success which had been crowned by social recognition and cousinship with the Oglesbys; he was a man who never let an opportunity slip.

"Cousin Betty!" he called after her departing figure.

"Betty!" this desperately from the foot of the stairs. The black satin slippers were stayed; she came back to him while Mrs. Tom and her husband, unhearing, passed on.

"Please don't be startled" he began pleadingly, "I know it is inexcusably sudden, but, Betty, I am a business man, and I cannot see the best thing in life going away from me without trying to hold it. Betty, I love you; come and make this lonely house a home."

The soft color flooded her cheeks.

"Why, Jim," she answered, "do you know your business methods appeal to me very much and so," with a soft little laugh, "do you. It is, as you say, a bit sudden, but —" she gave him her pretty white hand. "I am crazy to shift the furniture of this house. We'll have it so homey and comfy you won't know it."

Good Manners for Every Day

By M. A. Moore

THE question of courtesy under its different names goes deeper than its outward manifestations would lead us to believe. We are so far actors on the great stage of the world, so far responsible for the joys and sorrows of life, that the happiness and comfort of the great whole depend and must depend upon individual effort and upon sacrifice when necessary. It has been written and truly that "character is the foundation of all true courtesy, for manners are but minor morals" —

When we step outside of our homes we have entered a broad arena for the exercise of "Courtesy, Sweet Courtesy," and we meet with an equal demand for the practice of the unwritten as well as the written law. We come into contact with all classes, with every degree of

culture and of ignorance and, perhaps, the strongest test of our training *in the home* comes into use under these varying conditions. Our patience is often sorely tried and we are made to realize that, while they should, culture and education do not always endow people with fine manners.

We all know and are proud to be able to remember that Americans are beyond all other people in their respect for women and that for all great needs their hearts and their hands are ever open. No other people, perhaps, are as generous in response in times of great suffering or calamity.

But while we are a people of high ideals, how often we fall short, far short of living up to them. Life for many of us is such a busy hustle, sometimes for

wealth, often for mere existence, that we grow careless, and worse, and make our rule of conduct the "looking out for number one."

Not a day passes that we do not see many instances of not discourtesy alone, but of positive rudeness. Sometimes we are the innocent victims of all this mad rush. We are led to wonder, at times, whether the cultivation of the most ordinary courtesy in street manners would not be far more efficacious in relieving the "congestion" so much complained of than any method that has yet been tried. We block the sidewalks, stand in groups on street corners, walk abreast, causing those we meet to turn into the street. We push and crowd even to the point of danger in public places, allow turn-stile doors to swing violently back without the slightest regard for consequences and commit many other thoughtless and careless acts, which are in every sense of the word inexcusable. Our friends may understand and excuse us — even forgive our careless, rude ways in public — perhaps even say, "Oh! he means well." The person who always "means well" rarely does well. Not so others, who accredit the conduct of each man or woman with just as much intelligence and refinement as his manners show — and *no more*.

How often we see, when standing in line for railway, theatre, or other tickets, examples of selfishness and absolute lack not alone of good manners, but of manners of any kind. We must remember always that an unflinching habit of considering the comforts and *rights* of others is a mark of gentle breeding which needs no labeling.

Who does not wish most earnestly that there might be numberless signs, written in letters of gold, and when need be, illuminated, placed high in public places bearing just these three words, "There are Others." It would be another form simply, of "Safety First" and we could indulge in the hope, at least, that it might prove more efficacious. Do we

give information in answer to the stranger or the passer-by when we can — kindly and willingly? Only a pessimist or snob would do otherwise. While we are far less ceremonious than the people of many other nations, we do have a certain code of manners for public observance. It is interesting to learn that many of the most ordinary acts of courtesy have in them a "history of manners."

Salutation from the Latin word, "salutates," indicates the daily homage paid by the old-time Roman to his patron.

A "bow" is a modified prostration.

A "curtesy" is a "genuflection" — rising and standing are "acts of homage" — there is an art in bowing well and not in merely nodding the head.

Remember that it is the "correct" thing to return the salutations of those who greet you — servants and tradespeople alike. Do not show yourself less polite than they. Perhaps you will do well to remember Washington's reply to a criticism: "Would you have me outdone in politeness by a negro?"

Now for a few rules belonging to the "code" of *good* manners:

A man must wait for a woman to recognize him first unless she is an intimate friend. No well-bred man will take advantage of a greeting given him by mistake unless by a courteous return.

It is customary (or should be) for a woman when shown any kindness or favor to bow and smile in return. It goes without saying that thanks are obligatory — but how often we see this custom sadly neglected, especially in our street cars and other public conveyances — "Pity 'tis 'tis true."

The varieties of salutations have been divided by one of the many writers on the subject into "friendly or cordial, ceremonious or deferential, distant or reluctant," in accordance with the manner in which we greet our friends and acquaintances on different occasions and under varying conditions.

In the matter of street salutations, one

should always be governed by good sense, kind-heartedness and, at times, a discreet reserve, remembering that the very best manners are simple and natural. The modern custom of shaking hands comes from barbaric times, when men offered their right hands to each other to show that they were without weapons, and as a token or bond of peace and as an assurance against treachery. It is claimed that character may be read in the different manners of shaking hands—the “cordial, the honest, the indifferent, the inert and the exaggerated.”

Never put out the hand in welcome until you are near the person you are to greet.

A man should never offer his hand to a woman first—being a conventional ceremony it should be impersonal and void of significance.

It is not such a “far cry” from the art of good manners to that of—

Correct dressing for the Street.

When we approach the subject of correct dressing, in these days of eccentric and ultra-eccentric styles, we enter upon a field in which, in regard to other than the fashions for the street, there are many changes from month to month, almost from week to week, varying as greatly as the flowers of the field.

But for the would-be *well-dressed* woman, there are certain well-defined rules which she must obey. It is a satisfaction to learn that the American woman has had the reputation of being more correctly dressed for the street, than the woman of other countries. Until a comparatively recent time we have confined ourselves for outdoor wear to the strictly tailor-made suit, than which, when well made, there is nothing more distinctive. Its remarkable suitability is unquestioned. Today, however, there have crept in numerous modifications of this strict style, adding a variety, sometimes pleasing, sometimes strongly and ridiculously the reverse.

We read that savage people wore

jewels before they wore clothes, and that the latter were adopted to call attention to the person of the wearer.

Are we returning to the days of our early, perhaps our pre-historic ancestors? Seemingly Dame Fashion holds arbitrary sway and is depriving many of the sense of fitness, grace, and beauty that every woman, young or old, needs to possess.

One may be very far from old-fashioned and yet present an enviable appearance, when she takes her walks abroad, by the display of perfect taste in dress, whether for public or private occasions.

Daily we see exhibitions of inharmonious and incorrect dressing on the street—showy, striking and even startling costumes. Elderly women dressed like young girls—short women in a tall woman's clothes—stout women in plaids and short waisted women with wide girdles often in contrasting color—tall women with high hats, made still higher by the addition of the feathers and wings of every known bird that ever flew and by the imitation of those never in existence. We see plain faces under small “nifty” hats, covering the hair entirely, forgetting that it is the exceptionally beautiful face which can dispense with the softening halo of the hair—sometimes a plain woman's only beauty. Then, alas, we often see scrawny women whose necks should either be covered, or the display of anatomy relieved by the softness of lace or some more or less transparent material always becoming to any age.

All of these things of which one might write, ad infinitum, are not always due to a lack of taste—rather to a slavish adherence to certain decrees of fashion, regardless of any sense of propriety or of becomingness. Perhaps all these, shall we call them mistakes, are one form of “striving after the beautiful”—but they are pathetic, are they not? “The atmosphere of good manners may be as insensible as the air about us, but we know when we are breathing it.”

Mrs. Kent's Nora's Little Biddy

By Helen Coale Crew

UPON the hills of Maryland, November pushed aside October's brilliant bushes and looked down upon Green Spring Valley with quiet eyes. The cornshocks, which but yesterday had stood in golden rows, a victorious cohort, paled to a dull and vanquished army. The scarlet splendor on the hills grew dim, with a furling of banners. Yellow ceased to flash like the glint of a bayonet, and red answered to red only where here and there a dogwood-tree stood picketed, signaling with the last of October's fires. Demeter, the warm, bounteous mother, had passed, and earth had grown as austere and cold, as alien and aloof, as any virgin.

Plodding cityward with his wagon at the first streak of dawn, Wally Kent whistled so joyously that one listening to the glad tones might well become confused in the seasons and look to see April dancing on November's meadows. Only Wally's mother, perched on the seat beside him, recognized in his voice an intent to deceive, and forthwith expressed her opinion of this action.

"Ye'd best save your breath, Wally, and me knowin' well enough the heart of you is scalded because that little bag o' contradictions wont so much as blink an eyelash at your whereabouts." She pulled her little black bonnet down closer over the tidy gray hair, and rolled her cold hands more tightly in the folds of her plaid shawl. "Contradictious ye always were, too, like Himself—and may the saints give him rest!—and I'd best have married a man o' me own country and had childrer that were dependable. You'd best be lookin' at Annie Grady, that quiet and sensible she'd not stir a foot in an earthquake, and let the chancy American lass be."

Wally's glad whistle thinned down in a long diminuendo to a low note of

despondency, but he kept a watchful eye ahead upon a dimly descried house far down the road, where a faint light shone from a window, and a spiral of smoke rose from the chimney, straight upward, a faint smudge on the dark, breathless sky. As the cheerful whistle thinned and ceased, a commotion arose under the lap-robe between Wally and his mother, and a little red-hooded head appeared, with two beady, bright eyes, discernable even in the gray dawn.

"Granny," asked the child, "what for did ye stop Wally a-whistlin'?"

Mrs. Kent drew the child under the protecting warmth of her shawl. "Lie still now, Biddy, like a darlin', or ye'll freeze before we get to the market, it's that raw."

"Why doesn't the vegables freeze, then?" asked the child, subsiding under the warm covering.

Mrs. Kent cast a glance back over her shoulder into the gloom of the wagon-bed, where lay the wealth of her tiny, hard-worked farm, visible now only as so many rounded or irregular shapes, and crossed herself devoutly. "The saints forbid!" she breathed softly, and then turned with anxious eyes to mark their progress.

At this moment, as the wagon approached the house upon which Wally had been keeping one eye and all his attention not directly needed by the plodding horse, which had made this same journey every Tuesday and Saturday since the world began, you might almost say, the boy burst once more into such a glorious torrent of triumphant whistling, such a very paeon of joyfulness, that you involuntarily looked to see if the sun himself had not risen with flourish of trumpets out of the pool of pearly light that deepened and broadened upon the horizon. Beyond the

house a man and boy were hastily loading a wagon with boxes and baskets of apples. In a moment an upper window of the house was opened, and a mocking voice called lightly down, "Is that a nightingale I hear—or a tree-toad?" And then the window was closed, and the blind drawn.

You'd have thought Wally's tongue had been suddenly cut off at the roots; and, had the light been better, you might have seen a hot flush mount above his freckled cheeks to the thick thatch of his hair. At this we can only guess, but that the dam which stemmed the tide of his mother's eloquence was torn away by a flood of speech, we can vouch for authoritatively. Indeed, evidence on this point could be gathered from the wagons which, by twos and threes, were assembling from lanes and byroads to swell a considerable procession upon the main pike, and all headed marketward.

"Not if I called myself a man would I be called a tree-toad and sit there as unconcerned as if it were only the wind blowin'," said the rich, warm voice, which, for all its desire to be scornful, was full of a soft, brooding maternity; "and she up there in her room prinkin', and it a quarter to five if it's a minute! Lord bless us, what are the lads comin' to these days? Take shame to yourself, Wally Kent! If so be you could cease to pour the foolish music from your throat, I could pour maybe a little sense into your ear. Tree-toad, is it? I'm thinkin' the tree-toad gets his noise all done the night before, sensible-like, and attends to business in the morning—which is more than herself is doin', not yet dressed for the market, much less havin' breakfast ready for the menfolks. Upstairs yet, and laughin' down at the foolish boy that thinks she's the very angels in heaven! Lord, Lord! May the saints preserve us!"

The stern necessity of breathing casts a damper upon the most impassioned eloquence. Mrs. Kent, hesitating because of this stern necessity, was lost.

Biddy, emerging from the enveloping shawl, rushed in with her childish treble and filled the gap.

"It is angels of heaven she is! Didn't she bring me a stick o' pep'mint last market day was a week, and didn't she beg and persuade ye to let me come some day to market, and me aching and aching to come for years and years"—Biddy was not yet seven—and only going for the first time today. "She is angels, isn't she, Wally?"

At this juncture earth's greatest miracle happened, and Biddy subsided blinking into silence to watch the silent glory. The pool of light in the eastern sky, leaping to the very zenith, was shot with silver and scarlet, and presently the sun emerged triumphantly from behind the black shoulder of the sleeping world, flooding the Valley with such splendor that the dead stubble flamed, and every roof-ridge, nay every grassblade, flashed back an answering smile. The calvalcade progressing marketward looked down upon the awakening city, and saw the sun pick out a thousand spires and turrets and ridges with golden brilliance. Wally's irresistible whistle broke forth now in all sincerity, till Johnny Keegan in the wagon ahead and Fritz Hammer in the cart behind joined lustily in. The joyful mingled sounds combined to glorify the new day as when, upon the edge of creation, the morning stars sang together. Mrs. Kent, with eyes upon the sparkling cross on the cathedral, gave over calculating net profits upon two bushels of turnips to "bless his riverance and all the saints." Biddy, with wide black eyes filled with the spirit of a bold adventurer, looked out silently from the high wagon seat, as from a peak in Darien, upon the human tide flooding the narrow, crooked, sweet, clean, stately, monotonous, homelike streets of Baltimore.

When they reached the market, already many had assembled in their accustomed places, and in the interior,

here and there, gas-jets were flaring. Everywhere was bustle and confusion, but order arose out of the temporary chaos with astonishing celerity. Old Ma'am Kelly, of whom it could not be said that anyone had ever succeeded in reaching the spot ahead of her, was drinking a belated cup of coffee, and Tim, the buttermilk, was spreading a huge slice of bread with a small portion of his precious golden ware. They alone were placidly serene amidst the rush of feet, the shouting of orders, banging of boxes, shrill morning salutations, and much stamping of feet that were "frozen entirely" with the long cold drive from farm to market. Up from the stalls, as from so many altars, rose the incense of a thousand grateful odors, earthy and pungent, breathing of hours of toil in the open air. Great purple cabbage heads bore upon the crisp, curling edges of their leaves the thin white frost of November, while the warm yellow curves of high-piled pumpkins seemed still to hold September's fervid warmth. One would think the ancient black market-roof was a clear prism, through which the sun scattered his rays into a splendid spectrum that ran the gamut from red to violet. Pa Schnitzer, hastening from his wagon to his stall in the interior with a whole broadside of beef upon his shoulder, ran totteringly amuck, and the hinder portion of his burden, swinging dangerously as he turned a corner, struck Mrs. Kent's tidy black bonnet and set it askew upon her head. Such happenings being all in the day's work, she righted the bonnet serenely, and climbed up upon her high stool, where she sat keen and alert, flanked on three sides by the sound, sweet products of her garden. Velvety lima beans, her especial pride, were arranged in pint boxes directly in front of her. Bags of gumbo and bunches of celery, clean pink carrots, neat bunches of "Soup-yerbs," held their orderly places, rising gradually at both sides into high piles of turnips and potatoes.

From the wagon Wally fetched a hot brick wrapped in a piece of carpet, and placed it at his mother's feet. In the middle of the narrow aisle, spinning dizzily first on one foot and then on the other, as one overcome by excess of emotion, gyrated Biddy, finger in mouth, eyes at gaze through three hundred and sixty degrees in one ecstatic moment.

Now that the stall was arranged and his mother comfortably ensconced in her place, knitting with swift fingers, while her keen eyes watched for customers, Wally betook himself off on an errand of his own, whistling tentatively, with promise of a fuller note when he had determined just what that note should be. A few scattered early buyers had arrived, basket on arm, and behind every stall, like care behind the horseman, sat expectation. Outside the market the daily routine of the streets was in full swing, from the jarring and clanging of cars to the shrill cries of "Here's your Bal—ti—more A—mur—i—can! Here's you Sun!" Wally, all unheeding, turned down through the meat market and out upon the other side, pausing a moment to bid good morning to Bud Vogeler and admire the shining sausages, coiled in endless yards, in huge wooden tubs, and the dull leaden bricks of scrapple, as like as two peas to the slabs of concrete you went stepping on upon the sidewalks of the streets. Wally slowed down his quick pace, cut off his dubious whistle, and stopped short at the corner stall, where candies of enticing shapes and tints were displayed. He was making a careful selection (mind you) between a stolid chocolate cat and a translucent yellow shovel, yet all the while the corner of one eye and his entire beating heart were telling him that across the way Rose Parsons was polishing rosy baldwins with a red bandanna. Satisfied upon that score, he beat a slow and unconcerned retreat to the tune of *Take Back The Heart That Thou Gavest*, leaving both shovel and cat behind him, and Uncle

Peter the candyman scowling heavily. Arrived back at his own quarters, his mother gazed at him with keen disapproval and entire knowledge of his errand in her sharp black eyes. Two stalls beyond, Annie Grady, she that wouldn't stir foot in an earthquake (you could see at a glance that she wouldn't), cast lovelorn looks at him from behind her neat piles of sugar buns, and one beyond that again Fritz Hammer tipped him a knowing wink over his yellow cheeses.

It was not until well after ten o'clock, when the tide of auto and carriage customers was at flood, that Bidly was first missed. Trade had been so brisk that it had been impossible for either Wally or his mother to keep an eye upon her. And with Mrs. Kent selling hand over fist, and Wally carrying the baskets to the waiting vehicles, I give you my word there was small chance of keeping Bidly in constant view. You could as well keep tab on the uncertain green leaps of a grasshopper — saints preserve us, but they were bad this year! — or the yellow zigzag of a butterfly. Of a sudden the news was passed along, "Mrs. Kent's Nora's little Bidly has strayed off with herself!" At first, of course, it was expected she was right there, where you could lay hand on her in a minute, and everybody looked behind and below his stall, wherever there might be a cubby-hole where the child could have hid herself. Not a bit of it. Not a hide or hair of Bidly, no, not in the entire market! And presently you had Pa Schnitzer running up and down between the beef on one side and the mutton on the other, spreading the news and leading the search. He still held a soup-bone and a saw, and an irate customer followed in his wake. Pa was lean and long, a good sprinter, despite his years, and the news spread like wildfire. The rolling stone of rumor, unlike that of the proverb, gathered considerable embellishment. "Mrs. Kent's Nora's little Bidly has been stolen! — made away

with! — murdered!" So ran the harrowing tale. True, there were recent traces of her everywhere. She had sampled a long line of goods as she went, from Tim's butter all the way down to Uncle Peter's shovels and cats. At the fish market it was related that she had patted the shining side of the fish with appreciative hand. You could trace her for a few stalls on her return trip, still sampling, and then, presto! she was gone and no trace left. Everybody was distracted. What was to be done? Mrs. Kent herself rose to the emergency, collecting her momentarily scattered wits, straightening her bonnet, and giving orders right and left.

"The little pesky body! Belike she's taken herself off in a dozen different directions at once, she was that anxious to see the sights. Run now, Wally, up to the monnymint, that her granddad was telling her about, with the great general at the top of it. Jonny Kegan, do you speed up to the Cathedral. 'Tis ten to one she's gone to attend his Riverance's jubilee, and him with the blessed priests from all parts of the world visitin' him — the boldfaced little jig! Annie, run like a good girl to the tavern up Paca Street way. It's pulling it down they are. She'd be wanting to see that. Fritz, for the love o' heaven go see if she's wandered off to the shot-tower, and don't come back till you've climbed to the very top. It'll be there she'll be, I'll warrant! You Eyetalian boy there that I don't know the name of, run down Lexington to Charles, like a lamb, and see if you see that Bidly on any curbstone, with her mouth open like the grave itself, gazing up at some one of these sky-ticklers. Pa, you and me's been friends these twenty years. Get down on your knees, man, and go the len'th o' the market once more, under the stalls. Saints preserve us! Did anyone think to go over to Jones' Falls and look into the water? Run there now, you two little fellas! Oh, Mrs. Bundy, ma'am, come with me a ways

back along, if perchance she's gone streelin' home, which would be just like the likes of her, and bad cess to the day I ever brought her in at all, loosin' herself off when pitaties was goin' like hot cakes!"

Not since the year seventeen hundred and twenty-nine — blessings on the day! — had Lexington Market been so bereft of its faithful keepers. It put a body in mind of the exodus from Egypt that you hear tell of come Passover Week. Some had hastened off in the directions pointed out by Mrs. Kent, and others stood in groups at the corners telling each other how that little Biddy was the one child of Mrs. Kent's only daughter that died on her last summer was a year, and how the old man would loose what little sense he had left, if any harm came to little Biddy, and him sitting all day in his chair, the creature, with nothing to do and no eyesight to see with. She'd have to be found, if you had to call out the fire engines and put Terence McGrath and all the rest of the police force on the track of her, and suspend market till come next Tuesday, begorrah!

Then it was that the fine ladies in their furs, with their little silver purses dangling idly from their hands, faced the empty stalls in the immediate present and irate cooks wanting the materials for a dinner in the near future. You can't with impunity fool with a cook, and the fine ladies grew restless, as who wouldn't!

"If this Biddy-child has to be found before market can proceed," said Mrs. Peyton to Mrs. Morris (and good customers they were, the two of them), "we might just as well send our machines out to scour the neighborhood."

No sooner said than done, and at least a dozen limousines and electrics and carriages were put upon the path, and a dozen chauffeurs and coachmen were peering about in search of a little girl-child, not very sizable, with bright black eyes and a yellow chintz dress, and a way with her, and a tongue that could

silence the crows, once it got a start. You couldn't miss her!

Well, of course, those that didn't find little Biddy came straying back presently, among them Mrs. Kent herself. Wally, returning from the monument at about the same time, and advertising his lack of success by the very whisper of a whistle, all in a dolorous minor key, joined his mother at the corner, and they came up the market place together. Would you believe it, when they reached their own stall, there sat Rose Parsons, as bold as brass and as cool as a cucumber, perched upon the very stool itself, and like as not with her feet on the hot brick. The impudence of that, mind you! Wally's eyes opened and his mother's jaw fell.

"May I never" she gasped.

Rose leaned out over a depleted counter. Her face was as like a flower as one rose is to another and they both growing on the one stem. No choice whatever. Her eyes met Mrs. Kent's serenely.

"Mrs. Kent," she said (angels themselves would listen to that voice, not mentioning Wally, who was all ears), "I've sold some stuff for you. Four pecks of potatoes, one dollar; a pint of beans, one shilling; a cabbage, ten cents; gumbo, five; half peck of spinach, twenty; two heads of lettuce, eight; one fifty-six all told. Here's the money in the pint cup! And there's rumors that Biddy's found."

She stepped down from her perch and came out from behind the counter. Wally puckered his lips as she drew near; whether for whistling purposes or in a strong desire to kiss the softly rounded cheek will never be known, as he desisted from either course for the moment and looked dubiously at his mother. Mrs. Kent, gazing into the pint cup and calculating rapidly, looked up then at the departing girl with a tender smile.

"The darlin'!" she said warmly.

Wally broke joyously into the opening bars of the *Wedding March*.

(Continued on page 288)

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How sweet the quiet when the day is done —
The hush that follows after wind and sun.

How calm the slumber after weary toil —
The gift to those who brave life's long turmoil.

How cool the balm of healing after pain —
The dew to flowers thirsting for the rain.

How rich with meanings never found before
The peace that lingers after grief is o'er.

How glad the deep contentment that appears
In hearts which are the comrades of the years!

Arthur Wallace Peach.

NATURE'S LAW

NATURE, it would seem, has made the conditions of living on earth difficult enough. Resourceful as is Mother Earth, she is not always kind to her children. In his constant struggle to gain a livelihood man has contended with rugged environments and untoward elements. He has overcome much and by sad experience and dint of thought has wrought out many useful inventions. Why in a common pursuit of life and happiness should a race or people ever try to raise against each other artificial, unnatural barriers and hindrances to prosperity and growth? Why should not natural resources and opportunities be made free and open to all and friendly relations be cultivated among the nations of the earth? Selfishness and greed are unbecoming traits; in the long run, they are also unprofitable. The laws of nature are sure and steadfast; in the keeping of them there is great reward.

THE SITUATION

AS a people we did not want to be drawn into this war. We had no ill-will toward any people on the earth, no grievance against any that could not have been settled readily in a friendly conference. We simply desired to pursue the paths of peace and work out our own social and economic problems as best we could. Even in our last general election, our chief executive had an easy "walk-over" on the slogan, "he has kept us out of war." Suddenly we woke up, as from a dream, to find ourselves actually engaged in war both at home and abroad, our relations with other neutrals threatened and in confusion. Already with nearly all the world we are not only on short rations, which will not harm us, but we are paying from two to four times the average price of the necessities of life in times of peace. This emergency, too, we can manage to meet.

But against this state of affairs we

indignantly protest. Why has all this trouble, suffering, unhappiness and misery been thrust upon the world? The war is an immense thing; it touches everybody. A great wrong has been done, an awful crime committed; and, as yet, no one seems inclined, in any wise, to admit blame or bear the slightest responsibility for the holocaust of horrors that has been inflicted on the unwary nations of the earth. In behalf of suffering humanity it is high time the world interfered. The issue is plain, manifest, demonstrated. The contest is between right and wrong, truth and error, freedom and despotism. We must all take hold and see it through. In a matter of right and wrong there is no such thing as neutrality for beings who claim to be human. Of course, the world could have had peace at any time in the past three years, provided that it were willing to submit to the supremacy and dictation of a single race. But the world will never do this. The nations of the earth will be free.

TRANSITION

THE world is being rapidly revolutionized. Since our own civil war changes have taken place and events have happened that surpass the flight even of the most lively imagination. In no respect are things as they were before that war. Who can conceive what are to be the results of the present worldwide conflict? We must simply prepare ourselves for the requirements of the day.

Did you ever stop to consider how much trouble has been caused, how much wickedness been done, even how much blood been shed on earth in the vain attempt to force people to think and believe just as we do? But this has been the *raison d'être* of most of the wars of the past. The idea, itself, is entirely futile and absurd, nor is it needful or desirable in the pursuit of happiness. On account of differing conditions and circumstances, of necessity, it is

utterly impossible for two people to think the same thoughts or to believe exactly the same doctrines. And why should it not be so, since a belief is not necessarily a part of knowledge, nor a truth?

Again, the idea of a chosen people, an elect of God, is an absurdity. The thought is belittling and degrading to the sane and wholesome conception of an all-wise ruler of the universe. It is a mere assumption, anyway, in the brain of those who conceived it. We are all alike chosen people, chosen to do our part in the attainment of "that far-off divine event to which the whole creation moves."

Things like these are no longer to be tolerated on this old foot-stool. They are slowly but surely passing away. When the peoples of the earth learn how to give and take justly, how to live and let live rightly, in short, how to observe and keep strictly the Golden Rule, then we may look for a sane and lasting Peace.

WILL THE GOLDEN RULE WORK?

PERHAPS most people think that the Golden Rule may work in heaven or in some future age, but it would starve a man who would try to live by it to-day. No doubt there are ministers who never took it as a text! But the Golden Rule is simply the universal law of civilized society. Does any one imagine that you can have a real home without it? Break the law in your home and you have no home left. Moreover, there are a number of professions and occupations in which you cannot get on at all without the Golden Rule. Take the teachers: Would you willingly send your child to a school whose teacher did not believe in the Golden Rule? It would be a mean, ungenerous, unfaithful teacher, and the atmosphere of his school would be cheerless and discouraging. Would you choose a physician who did not try to keep the Golden Rule? He would be a selfish mercenary; no amount of science

would make up for the want of the Golden Rule in his practice.

Perhaps you think it is only in business and in money dealings that the Golden Rule will not work. A merchant or a manufacturer could not live by this standard? But think if this is so! Where do you like to go to trade? Never to the man against whom you have to keep on guard lest he get the better of you. You like to deal with the generous, obliging type of man who is always giving you as much as he can. You will find such men in every town. They are not starving. No, indeed; if they fail it will never be because they tried to treat their customers humanly.

The Golden Rule does not stand by itself; it belongs to a great and beautiful scheme of things. What are we here in this world for? To live like wolves, and even to do what wolves would not do—to prey on one another? No man is quite so bad as to avow such a hideous idea of life. When we say that we are human, we mean that we are spiritual beings, who love, who are loyal to their friends, who cherish ideals, who would be ashamed to go out of this world without trying to leave it better off. This is the essence of our religion. Jesus, for example, says that "it is more blessed to give than to receive," that is, we are happier in giving than in getting. This is a truth, not a pretty saying. Do you not recognize that whoever tries to *get* his living rather than to earn it, whoever does not seem to make good by some contribution to the common welfare, comes near to being a robber? What does any good man or woman really want most of all, in the household, in the neighborhood, in the shop or office, in the city or the nation? He surely wants to add all that he can to the common good. The greatest man is he who can give, achieve, accomplish the most. It may be some humble person who radiates faith, hope, good-will, and brings so much more light into the world. Now the Golden

Rule is only a single form of this mighty enterprise in which every one ought to be engaged. We will banish greed, fear, suspicion, war from the world by making the law work.—*The Christian Register*.

NEARLY ALL THE WORLD IS ON SHORT RATIONS

THE warring world and a large portion of the neutral nations are on rations to-day. Thus far the rationing is voluntary on the part of the war powers, but if the steps already taken to conserve foods do not suffice, then compulsory rationing will be enforced. In the neutral nations stern necessity forced by the American embargo has compelled strict rationing.

With Lord Rhondda, British food controller, announcing his intent to force conservation — by compulsion if needed — Herbert Hoover, American food administrator, becomes, even more so than before, the food dictator of the world.

One of his first steps in proper apportionment of food is the establishment of an international sugar commission, which will be followed by commissions for other commodities, so that the allies shall not bid against one another in world markets and by their very bidding force up prices.

To date Hoover has eliminated some of the middle processes which absorbed profits, has established control over wheat, has created a sugar commission, has informed the American people they must ration themselves.

One may still doubt if that direction is the east or whether the sun will rise. The real coming of God is not that. It is a change, an irradiation of the mind. Everything is there as it was before, only now it is aflame. Suddenly the light fills one's eyes, and one knows that God has risen, and that doubt has fled forever.—*H. G. Wells, in "The Invisible King."*



FOUND IN THE NOVEMBER MARKETS

Seasonable and Tested Recipes

By Janet M. Hill.

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

SUGGESTIONS FOR NOVEMBER

THERE need be but little waste to a fowl. The fat, well clarified, is a most excellent foundation for sauces to be used with macaroni or rice, in cream soups (as spinach, celery, corn, asparagus) or any meat dish. Broth made from the bones of a roast fowl and the skinned feet is one of the best means of extending chicken flavor to bland dishes of cereals and vegetables. To skin the feet, drop them into boiling water, remove at once to cold water, when the skin may be easily removed.

Various savory fillings for roast fowl, which absorb added flavor from the fowl in which they are cooked, are a common method of making a roast fowl "go farther." A dish of creamed celery in which chicken broth is used as a part of the "cream" sauce, or rice cooked in chicken broth, answers the same purpose without any loss of flavor to the roast. With a little more effort, rice, macaroni or mushroom-croquettes may be evolved to serve the same end. If mushrooms are few in number, combine them with the rice or macaroni.

Bread and rolls, in which part of the wheat is replaced by oatmeal, barley, rye or corn flour, should prove an attractive change in the daily diet. Any of the recipes for rolls and biscuit commonly made with wheat flour may be used without other change than substituting one of the above varieties of flour for a portion (about one-third) of the wheat flour commonly employed.

Virginia spoon corn bread is made without any wheat flour; hominy or rice cooked tender, or about half an hour, is the foundation for the bread. The more one eats this variety of bread, the better it is liked.

Honey in the comb or strained, maple syrup and molasses are a fair exchange for granulated sugar.

Delicata, turbans and other varieties of summer squash may be cooked by the recipes used for eggplant. Only *very* small squash — not obtainable at this season — are suitable for frying, but, prepared by any of the recipes where the pared egg plant is cut in half-inch cubes, parboiled, and baked with onion, tomato and bread crumbs, most excellent results are assured.

In giving directions for preparing pans in cake-making, we speak of "buttering the pans." We might give directions for greasing or oiling the pan, but neither sounds appetizing; and, properly, these expressions apply respectively to the hub of a wagon wheel and the gears of machinery. For this and other reasons, the word butter is used in this magazine as a general term, with the understanding that in practice each will select the form of fat that is most agreeable to her. For cake, cookie or biscuit pans, where no object is gained by use of butter, almost any clean bland (without noticeable flavor) fat is *preferable* to butter which burns easily.

In some localities cranberries will be scarce and high in price this season. Replace them by a mold of gelatine jelly the basis of which is the syrup from a jar of sweet spiced pickles. To the gelatine and syrup add pulp (in bits) and juice of an orange, a banana cut in cubes and scalded in a little of the syrup, if convenient, a few maraschino cherries, cut in rings and some of the spiced melon peaches or pears in small bits. Remember that a quarter of a package of gelatine will jelly a scant pint of such material.

When buying a dozen bananas not all of which are to be eaten on the day of purchase, insist that the bananas be left on what is called "a hand," or the part of the stalk on which they grew. The pulp of bananas, cut singly from the stalk, is usually left uncovered on the severed end, and the banana, thus exposed to germs, soon spoils. To ripen bananas quickly, leave in the bag; to delay this process, remove at once from the bag and let stand in a circulation of air.

A Day's Food for a Child Ten Years of Age

(Fuel Requirement, 1700-2000 Calories)



BREAKFAST—600 Calories

$\frac{3}{4}$ cup Cream of Wheat.....	100	Calories	2 slices Dry Toast.....	100	Calories
2 small cooked Figs	100	"	1 tablespoonful Butter	100	"
$\frac{1}{2}$ cup top Milk	100	"	$\frac{5}{8}$ cup whole Milk (to drink)....	100	"

**DINNER (noon)—625 Calories**

1-8 ounces Roast Leg of Lamb ..	100	Calories	2 slices Barley Bread	75	Calories
A Baked Banana	100	"	1 tablespoonful Butter	100	"
2 small Carrots.....	50	"	$\frac{3}{4}$ cup Rice Pudding with Raisins	200	"

**SUPPER—535 Calories**

Baked Potato.....	100	Calories	2 slices Bread.....	75	Calories
1 tablespoonful Butter or Bacon Fat.....	100	"	4 stewed Prunes with Liquid ...	100	"
			1 cup Whole Milk (to drink) ...	160	"

China Cases, Marquise Style*(Appetizer)*

Use china ramekins or cases about an inch and a quarter deep and two inches across the top. Tiny Swedish timbale cases (pastry) may also be used. Select crisp, tender heart-stalks of white celery, cut the celery into fine shreds, take half the measure of shredded truffles, and mix with sauce tartare (mayonnaise dressing into which fine-chopped olives, capers, pickles, onion and parsley have been stirred). Use this mixture to fill the cases to three-fourths their height; above set a slice of hard-cooked egg and above that a raw or cooked and chilled

oyster, both seasoned with French dressing.

Oxtail Soup

Separate the tails at the joints into pieces; sauté in the dripping to a brown color, add the flour and, when blended, the stock; let boil once, then simmer until the meat is tender, adding the parsley, bay leaf, and piece of red pepper wrapped in the celery stalks. Sauté the onion, cut in slices and separated into rings, and the carrot, cut into slices, in hot dripping, then add water and cook until tender. Remove the fat and the bouquet from the soup; thicken, if desired, with roux, or cornstarch mixed

with cold water; add the drained vegetables and salt and Worcestershire sauce to taste.

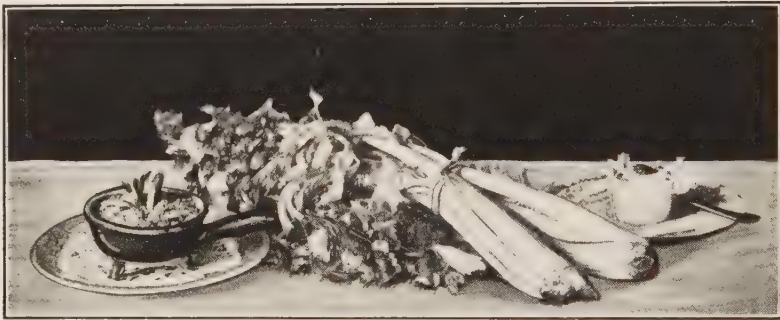
Fish Baked with Dressing

Sea or fresh water fish may be used. Large slices an inch thick of halibut, or the flesh of lake white-fish or haddock from the sea taken from the bones and skin in two large filets, possibly rather broken and rough in appearance, will make a handsome dish that is well worth eating. Rub over a fish sheet (or a tin cracker-box cover) with fat salt pork, set it in a pan and dispose a slice or filet

to a whole teaspoonful of powdered sweet basil and one-third a cup of melted shortening.

Choice Dressing for Baked Fish

Chop fine a slice of onion and half a green pepper and let cook in two tablespoonfuls of fat until softened and yellowed; add one-fourth a pound of fresh mushrooms (caps peeled and broken in pieces and peelings and stems chopped fine) and let cook about three minutes; add a tablespoonful of fine-chopped parsley, half a teaspoonful of powdered sweet basil, a scant half-teaspoonful of



WITH HEADS TIED TOGETHER THERE IS NO WASTE IN A BUNCH OF CELERY
CREAMED CELERY CHINA CASE, MARQUISE STYLE

of the fish upon it; cover the fish with a layer of dressing, set the second slice above and press the whole into a symmetrical shape. Lay strips of fat salt pork above, and let bake about forty minutes in a moderate oven, basting four or five times with hot fat. Remove the pork, spread half a cup of cracker crumbs, mixed with three tablespoonfuls of melted butter over the fish and return to the oven to brown the crumbs. Lift out the tin sheet and carefully loosen the fish from it, then slide onto a hot serving dish. Serve with drawn butter sauce and shredded cabbage and green pepper salad.

Plain Dressing for Baked Fish

Mix one cup and a half of soft fine bread crumbs, half a teaspoonful of salt, one-fourth a teaspoonful of pepper, half

salt, two cups of soft bread crumbs and one-third a cup of melted shortening; mix and use.

Chestnut Stuffing for Fowl

Any chestnuts may be used, but the large Italian chestnuts are more easily prepared. With a sharp pointed knife cut a slit half an inch long in the shell on one side of each nut. Cook one minute in boiling water, drain and let dry. Add a teaspoonful of butter for each pint of nuts, and stir and shake over the fire, or in the oven three or four minutes; then remove the shell and skin together. Keep the nuts covered with a cloth, in the meantime, as they shell more easily when hot. Cook one pint of nuts in boiling, salted water until tender; drain and press through a ricer or sieve. Add one cup of sifted, soft



RAGOUT OF VENISON WITH SWEET POTATO BORDER

bread crumbs, one-third a cup of melted shortening, a teaspoonful or less of salt, half a teaspoonful of black pepper, and half a teaspoonful of powdered thyme, summer savory or poultry dressing. Mix all together thoroughly.

Potato Stuffing

Mix together two cups of mashed potato, one cup of sifted, soft bread crumbs, one-third a cup of melted shortening, half a teaspoonful, each, of salt, pepper and poultry seasoning, and mix thoroughly.

Ragout of Venison with Sweet Potato Border

Any portion of venison may be used, but steaks from the upper portion of the

round are usually selected. Cut the steak in small pieces, roll in flour and let cook in hot fat until browned slightly; turn, and brown the other side. Add broth made from trimmings and bones of the venison or from beef or veal, or add simply boiling water, to cover the meat; let simmer about an hour or until tender. * For each pint of liquid allow one-fourth a cup of flour, half a teaspoonful of salt and one-fourth a teaspoonful of paprika; stir these with cold water or broth to a smooth consistency; add to the dish of meat and stir until boiling; cover and let simmer ten minutes. Have ready baked or boiled sweet potatoes; press them through a ricer; add salt, butter and a little hot milk and beat thoroughly over the fire. With



CARROTS, FRESH, SLICED FOR DRYING, AND DRIED
AN ALUMINUM TRAY IS THE IDEAL UTENSIL FOR DRYING



BREADED VENISON CUTLETS WITH MACARONI

star tube and bag fashion into an oval ring on a hot serving dish. Turn the ragout into the center of the ring and set cooked prunes on the plate around the potato. Serve the prunes with the potato and ragout.

Breaded Venison Cutlets with Macaroni

Cut slices half an inch thick from the top of a round of venison that has been "hung" at least a week. Cut the slices into pieces for serving; dip them in sifted soft bread crumbs, then in a beaten egg, diluted with three tablespoonfuls of milk, and again cover them with crumbs. Set to cook in hot fat in a frying pan. Let cook until browned on one side, then turn to brown the other side. Let cook slowly that the outside be not browned until the meat is cooked through.

Macaroni for Breaded Venison

To serve four or five, cook three-fourths a cup of macaroni, broken in inch lengths, in rapidly-boiling, salted

water until done. The time will depend on the variety of macaroni and the condition desired in the paste. Let cook in an open kettle and drain before the macaroni loses its shape. Rinse in cold water, and, at once, add it to the hot sauce. For the sauce stir and cook two tablespoonfuls of chopped onion and a branch of parsley in two tablespoonfuls of hot fat until softened and yellowed; add two tablespoonfuls of flour, one-fourth a teaspoonful, each, of salt and paprika, and stir until well-blended; add three-fourths a cup of tomato and one-third a cup of beef broth and stir until boiling, then strain and use.

Poached Eggs with Cheese Sauce

For three eggs and three slices of toast make a cup of cream sauce with two tablespoonfuls, each, of butter and flour, one-fourth a teaspoonful, each, of salt and paprika and one cup of milk. Add half a cup or more of grated cheese and stir until the cheese is melted. Break fresh eggs into a frying pan of



POACHED EGGS WITH CHEESE SAUCE



BOSTON BAKED BEANS SEE QUERY NO. 3984

boiling salted water; draw the pan to a place where the water will not boil; when the eggs are "set" on the bottom, run a spatula between each egg and the pan, then let stand undisturbed until as firm as desired. Dip the edges of the toast in the hot water and dispose on individual plates; pour over it the sauce and with a skimmer drain the eggs and set above the sauce. If preferred, the eggs may be set on the toast and the sauce poured over the whole. Serve for luncheon or supper.

Rice-and-Mushroom Croquettes

Fresh or dried mushrooms may be used. If fresh mushrooms be selected, peel the caps, and break them in pieces. Let cook, stirring, meanwhile, in one-fourth a cup of butter or vegetable oil until softened a little; skim from the

fat and set aside to use later. To the fat, add half a cup of rice (blanched by setting to cook over a quick fire in about a quart of cold water; stir and let boil two or three minutes, then drain, rinse in cold water and drain again); stir and cook until the rice has taken up the fat, then add about two cups of stock, milk or boiling water and half a tea-spoonful of salt and let cook over boiling water until the rice is cooked and the liquid is absorbed. When the rice is cooked, with a fork stir the mushrooms through it. Turn the rice on to a buttered plate to chill. Shape, roll in soft bread crumbs, cover with beaten egg, diluted with milk, and again cover with crumbs. Fry in deep fat. When using dried mushrooms, let soak in cold water, and use this water as part of the liquid in which the rice is cooked.



PEANUT DROP COOKIES, BARLEY LEMON QUFENS. BARLEY DROP COOKIES

Onions on Toast with Cream Sauce

Peel mild onions; let boil rapidly one hour, drain, add fresh water and a little salt and let cook until they are tender and the water is well reduced. Have a slice of well-toasted bread for each onion. Set the onions on the toast and pour over (for 6 onions) sauce made of three tablespoonfuls, each, of butter and flour, the liquid left on the onions with cream to make one cup and a half of liquid. Season with salt and pepper. For a heartier dish add grated cheese—two tablespoonfuls to one cup—to the sauce before pouring it over the onions.

Onions Stuffed with Peanut Butter

Select mild onions of medium size; peel and let boil until tender. Cut out the center from each to leave a thin shell of onion. Chop the onion removed, add an equal quantity of soft fine bread-crumbs, and, for a pint of material, about half a cup of peanut butter, half a teaspoonful of salt and half a teaspoonful of paprika. A chili pepper, chopped

fine, may replace the paprika. Mix and use to fill the onions. Let cook in the oven about fifteen minutes, basting with a little hot milk when setting into the oven and twice afterwards. Serve with cream sauce, using the milk in the dish as a part of the liquid.

Canned Corn Fritters

Beat the yolks of two eggs, add one cup of corn pulp (or common canned corn, chopped fine), add also half a teaspoonful of salt, one-fourth a teaspoonful of black pepper, one cup of flour (one third of this may be cornflour) and one teaspoonful and a half of baking powder sifted together. Mix together thoroughly, then beat in lightly the whites of two eggs beaten very light. Take up the mixture with a tablespoon, and with a second spoon scrape into hot fat; turn each shape as soon as it comes to the top of the fat; and often during cooking. Let cook until well colored on all sides. Drain on soft paper. These are good with any meat dish, but particularly so with fowl.



BARLEY AND CORN FLOUR AND OTHER CEREAL PRODUCTS

Egg Plant or Turban Squash, Provencale

Pare the vegetable, cut in slices, remove seed-portion from squash and cut the slices in half-inch cubes. Let cook in boiling water until just tender. It will take from ten to twenty minutes. Drain in a colander. For three cups of cubes, chop fine one onion; let cook in two tablespoonfuls of fat until softened and yellowed slightly, then add half a cup of chopped mushrooms (fresh or dried) and stir and cook until the moisture is evaporated; then add the prepared vegetable, a cup of cooked tomato (chop the pulp and discard as many seeds as possible), a teaspoonful of salt, a cup of soft bread crumbs, a teaspoonful of fine-chopped parsley and half a teaspoonful of paprika; mix all together thoroughly and let cook fifteen minutes; turn into a buttered dish. Smooth the top, cover with half a cup of cracker crumbs mixed with three tablespoonfuls of melted butter, and let bake until the crumbs are browned.

Cornmeal-and-Barley Muffins

Sift together three-fourths a cup of cornmeal, one cup of wheat flour, half a cup of barley flour, three tablespoonfuls of baking powder, half a teaspoonful of salt, a scant half-cup of sugar and one-fourth a teaspoonful of soda. Beat one egg and one yolk; add three-fourths a cup of thick sour milk and three tablespoonfuls of melted shortening and stir into the dry ingredients. Bake in a hot, well-buttered, iron muffin pan, or in a biscuit pan, about twenty-five minutes. These may be made with sweet milk by omitting the soda and adding another teaspoonful of baking powder.

Chocolate Cake

Melt two squares of chocolate in the upper part of a double boiler; add the yolk of one egg, beaten a little, and half a cup, each, of sugar and milk, and stir and cook until smooth and thick. Set

aside to cool. Beat half a cup of butter to a cream; gradually beat in one cup of sugar, then the beaten yolks of two eggs and the cold chocolate mixture. Add, alternately, half a cup of milk and two cups of sifted flour, sifted again with one teaspoonful of soda. Lastly, beat in two egg-whites beaten light. Bake in a sheet or in layers. Finish with a marshmallow or a chocolate frosting as is desired.

Peanut Drop Cookies

Beat one-fourth a cup of sugar into one-third a cup of shortening; beat in half a cup of honey, one-third a cup of chopped peanuts, one egg beaten light and two cups of pastry flour, one-fourth a cup of barley flour with half a teaspoonful of salt and three teaspoonfuls of baking powder. Drop on a buttered sheet, a rounding teaspoonful in a place; shape into a smooth round, set half a peanut meat in the top of each, dredge with granulated sugar and bake in a quick oven.

Barley Drop Molasses Cookies

Cream one-fourth a cup of shortening; beat in one-fourth a cup of sugar, half a cup of molasses, one egg, beaten light, and half a cup of thick sour milk; sift together one cup of wheat-flour, half a cup of barley flour, one teaspoonful of soda, half a teaspoonful of salt, one teaspoonful of ginger and half a teaspoonful of cinnamon. Mix the liquid and dry ingredients. Drop by spoonfuls on buttered tins. Bake in a quick oven.

Barley Lemon Queens

Grate the rind of a lemon into a bowl in which there is half a cup of butter; cream the butter; gradually beat in a cup of sugar, then the beaten yolks of four eggs, and two tablespoonfuls of lemon juice. Sift together one cup of sifted pastry flour, one-fourth a cup of sifted barley flour and one-fourth a teaspoonful of soda. Beat the flour into the butter and yolks, then beat in the

whites of four eggs beaten light. Bake in fifteen cup-cake tins. Dredge granulated sugar over the top of the cakes before setting them in the oven.

Filling for Pumpkin Pie

Beat two eggs; add two cups of cooked and strained pumpkin, a cup of grated maple sugar, a scant teaspoonful of salt, one tablespoonful of ginger, one cup of whole milk and half a cup of top milk. Mix all together thoroughly and turn into a plate lined with pastry, the paste finished with a fluted edge. Bake about forty minutes or until firm in the center. This makes a large pie.

Cottage Pudding

(To Serve Eight)

Beat one-third a cup of butter to a cream; beat in one cup of sugar, the yolks of two well-beaten eggs, half a cup of milk, one cup and three-fourths of flour, sifted again with two and one half level teaspoonfuls of baking powder, and the whites of two eggs beaten very light. For a family of four, bake one-half the mixture in a bread pan, the other half in individual tins. Serve the pudding one day with a chocolate sauce and the second day with a creamy sauce.

Cornstarch Pudding

(To Serve Four)

Scald two cups of milk; mix one-third a cup of cornstarch and half a teaspoonful of salt with one-third a cup of sugar and stir into the hot milk; continue to stir until the mixture thickens, then cover and let cook over boiling water fifteen minutes. Beat one egg; add one tablespoonful of sugar and beat again, then stir into the hot mixture. Cover and let cook until the egg is "set," then serve hot with raspberry hard sauce.

Raspberry Hard Sauce

Beat one-third a cup of butter to a cream; gradually beat in two-thirds a cup of sugar, then, very gradually, crushed and sifted raspberries to tint

and flavor as desired. Blackberries may be used instead of raspberries.

Crusts of Apricots

Cut rounds or squares from baba that has not been moistened with syrup. The rounds should be three-fourths an inch thick. Hollow these in the center. Sprinkle the edge and the hollowed center with *pralin*, and set into the oven to dry. Put a spoonful of English cream (filling for cream cakes and eclairs) in each after mixing through it a little of the pralin powder. Cook canned apricots in the syrup from the can, adding meanwhile a cup of sugar (to a can). Let chill; set half an apricot in the center of each. Reduce the syrup, if desired, and pour a little over each crust. Serve hot or cold, but preferably hot. Pralin is sugar cooked to caramel, cooled and crushed.

Baltimore Samp with Parsley

Baltimore samp is dry kernels of white corn broken into comparatively large pieces. It may be used as a substitute for potatoes, or as a breakfast cereal, or with cheese as the hearty dish at luncheon or supper. It may be cooked in a fireless cooker, in the oven of an electric range, turned low, or on the back of a coal or wood range, with an asbestos mat beneath the saucepan. Cover a cup of the samp with a quart of cold water and stir over a quick fire until the water boils; drain, rinse in cold water and drain again. Add a teaspoonful of salt and a quart of boiling water, heat to the boiling point and let simmer from six to eight hours, adding boiling water as needed. Store in a cool place. Stir one cup of the cooked samp into three-fourths a cup of hot cream or cream sauce, sprinkle with parsley and serve as a vegetable.

NOTE—Ingredients for Ox-tail Soup, page 275:

2 oxtails	$\frac{1}{2}$ bay leaf
$\frac{1}{2}$ cup drippings	1 half a pepper
$\frac{1}{2}$ cup flour	3 stalks celery
4 quarts stock or water	1 onion
3 bunches parsley	1 carrot

Well-Balanced Menus for Week in November

"If the diet is to be healthful and economical, the person who plans it ought to know in a general way how much protein and other nutrients are needed and how much is contained in the different food materials."

SUNDAY	Breakfast Puffed Rice, Whole Milk Salt Codfish Balls New Pickles Barley Parker-House Rolls (reheated) Potato Doughnuts Coffee Cocoa	Breakfast Oatmeal, Whole Milk Frizzled Dried Beef Creamed Potatoes Ryemeal Muffins Baked Apples Coffee Cocoa	WEDNESDAY
	Dinner Roast Chicken, Giblet Sauce Bread Dressing Melon or Peach Sweet Pickles Delicate Squash, Creole Style Mashed Potatoes Celery Hearts Apples Cooked with Almonds, Thin Cream	Luncheon Creamed Haddock au Gratin White Hashed Potatoes Lettuce and Sweet Peppers Sliced French Dressing Cornmeal-and-Wheat Bread Sliced Bananas, Lemon Jelly Top Milk	
	Supper Hot Cornmeal Mush, Whole Milk Cinnamon Toast Marmalade Tea	Dinner Casserole of Fowl (Onions, Carrots, Potatoes) Celery Fruit Jelly (apple or currant) Baked Indian Pudding, Hard Sauce	
MONDAY	Breakfast Cream of Wheat, Whole Milk Thin Slices Salt Pork, Rolled in Flour, Fried Fried Apples or Bananas Mashed Potato Cakes, Baked (left over) Creol Griddle Cakes, Honey Syrup Coffee Cocoa	Breakfast Farina, Hot Dates, Top Milk Hashed Casserole of Fowl and Potato Buckwheat Griddle Cakes Dry Toast Coffee Cocoa	THURSDAY
	Luncheon Creamed Celery with Cheese and Cracker Crumbs Ryemeal Muffins Apple Pie Tea	Luncheon Potato Salad Sardines New Rye Bread Cream Puffs Tea	
	Dinner Flank Steak, Broiled Baked Sweet Potatoes Endive, French Dressing Barley, Rye-and-Wheat Bread Baked Tapioca Pudding, Vanilla Sauce	Dinner Rib Roast of Beef, Brown Sauce Boiled Onions Franconia Potatoes Cornmeal-and-Wheat Bread Baked Bananas, Belgian Style Oatmeal Macaroons	
TUESDAY (meatless)	Breakfast Baltimore Samp, Maple Syrup or Molasses Top Milk Creamed Salt Codfish (with egg-yolks) Baked Potatoes (small) Dry Toast Canned Corn Griddle Cakes Coffee Cocoa	Breakfast Barley Crystals Baked Sweet Apples, Whole Milk Broiled Honeycomb Tripe Fried Cornmeal Mush, Molasses Dry Toast Coffee Cocoa	FRIDAY
	Luncheon Rice-and-Mushroom Croquettes, Tomato Sauce Virginia Spoon Corn Bread Celery Pickles Squash Pie Cottage Cheese Preserved Ginger Tea	Luncheon Oyster Stew, Oysterettes Celery Home-made Pickles Pumpkin Pie (with Maple Sugar) Cottage Cheese Half cups Coffee	
	Dinner Boiled Haddock, Egg Sauce Boiled Potatoes Cabbage Salad Frozen Apricots Maple Syrup Cake	Dinner Halibut Baked with Tomato Purée Mashed Potatoes Fresh Spinach or Canned Chard or Beet Tops Oatmeal Biscuit Lemon Sherbert Orange Cookies	
SATURDAY	Breakfast Corn Puffs with Bran, Whole Milk Broiled Fresh or Salt Mackerel Potatoes Hashed in Milk Teco Griddlecakes, Syrup Dry Toast Coffee Cocoa	Luncheon New York Baked Beans Boston Brown Bread Mustard Pickles or Tomato Catsup Junket Ice Cream, Fruit Sauce Plain Cake	Dinner Vegetable Soup Halibut Cutlets (left over) Sauce Tartare Rye Bread Potatoes Cooked in Milk Cold Spinach with Sliced Eggs French Dressing Toasted Crackers Coffee

Menus for Week in November

(WELL-BALANCED AND ECONOMICAL)

"It is possible to plan perfectly wholesome and appetizing diets in which about half of the necessary protein is furnished by bread and other cereal foods."

SUNDAY	Breakfast Oatmeal, Whole Milk Finan Haddie Balls, Mustard Pickles Spider Corn Cake Rye Bread Coffee Milk for Children Dinner Chopped Beef Cutlet, Tomato Sauce Baked Potatoes Squash Baked Bananas, Sultana Sauce Peanut Drop Cookies Supper Cheese Cream Toast (Without cheese for young children) Baked Apples Rye Bread Gingerbread Tea	Breakfast Left-Over Fish and Mashed Potato Cakes Mustard Pickles Canned Corn (pulp) Griddle Cakes Butter, Molasses Graham Bread Coffee Cocoa Dinner Country Sausage Baked Potatoes Fried Apples or Bananas Baked Cornmeal Pudding with Junket Supper Cornmeal Mush, Milk (Cooked 3 hours) Gingerbread Peanut Butter Dry Toast (French Bread) Tea	WEDNESDAY
	Breakfast Baked Potatoes, Fried Salt Pork Fried Cornmeal Mush, Molasses Dry Toast Coffee Cocoa Dinner Yearling Lamb Stew (Onions, Carrots, Potatoes) Virginia Spoon Corn Bread Delmonico Pudding Supper Stewed Lima Beans (Fresh or Dried) Rye Bread, Peanut Butter Stewed Prunes Tea	Breakfast Cream of Wheat with Raisins, Milk Dry Toast Cold Cooked Cow-Peas (Browned in frying pan) Barley Meal Biscuits Potato Doughnuts Coffee Cocoa Dinner Corned Beef Boiled Cabbage, Potatoes, Carrots, Mustard Squash Pie without Crust Cottage Cheese Supper Cream of Corn Soup (Canned corn not used in griddle cakes) Oysterettes Thin Sliced Cheese melted slightly on Bread Baked Apples Tea	
	Breakfast Barley Crystals, Hot Dates, Whole Milk Remnants of Stew and Potatoes in Hash Ryemeal Muffins Toast Coffee Cocoa Dinner Fresh Fish, Fried (frying pan) Mashed Potatoes Cabbage Cooked with Cheese Whole Wheat and Barley Biscuit (Baking Powder) Rice Pudding with Raisins Supper Potato Salad Smoked Fish Apple Sauce Rye Bread Tea Milk	Breakfast Oatmeal, Sliced Bananas, Milk Creamed Salt Codfish with Egg Small Baked Potatoes Buckwheat Cakes, Molasses Coffee Cocoa Dinner Fresh Fish Chowder Oysterettes Buttered Beets Barley-and-Rye Bread Apple Dumpling Cottage Cheese Supper Lima Bean Salad (with beets) Virginia Spoon Corn Bread Canned Fruit Tea	
TUESDAY	Breakfast Baltimore Somp, Milk and Molasses Corned Beef and Vegetable Hash Green Tomatoes Breaded and Broiled Cornmeal Muffins Coffee Cocoa	Dinner Broiled Tripe, Mashed Potatoes Left-Over Cabbage Creamed with Cheese Quick Graham Bread Cottage Pudding, Chocolate Sauce Supper Boston Baked Beans Boston Brown Bread with Raisins Piccalilli Ginger Cakes Tea Milk	THURSDAY
SATURDAY			FRIDAY



The Old House

By Blanche Elizabeth Wade

THERE is a large and most remarkable house. Its great hall runs from the front to the back, through the center. It is as though the hall came knocking at the knocker of the front door, one day, and when the door was opened, was so pleased with the family and the house, that it stretched itself comfortably at full length, and with a satisfied smile, settled itself to stay. Now, you know pretty nearly how cosy is the hall.

As for the other rooms—well, it is as though, instead of getting cross and sulky, and acting cramped and crowded at the hall's performance, they welcomed him with delight, and nestled about him happily. So, you know pretty nearly how homelike is the first floor.

As for the staircase, it is as though, instead of getting angry, and sprawling away awkwardly and hurriedly, it stationed itself unobtrusively where it could see and hear all that went on downstairs, and then ran lightly upstairs to tell all the other rooms—stopping only once on the way up, to tell Grandfather Clock the news, though this was not necessary as Grandfather Clock can overlook everything from the landing where he stands. Now, you know pretty nearly how graceful and interesting is the great staircase.

As for the rooms upstairs, it is as though they had gathered in friendly conference to hear what the staircase had to tell. Now, you know pretty nearly how lovable is the whole house.

As for the family, it is the sort of family to fit such a house—a family which loves every room in it with the most sympathetic appreciation. Now, you know pretty nearly how charming is the family living in the remarkable house.

But it is another family we want you to meet—a family consisting not of people, but of pitchers! Yes, pitchers!—big pitchers and little pitchers; pitchers that live upstairs and pitchers that live downstairs; pitchers that live in the attic; pitchers that live in the cellar; and a pitcher that lives neither upstairs nor downstairs—in neither attic nor cellar, but in a niche in the wall, halfway up the stairway, and near Grandfather Clock.

The Pitcher Family is a large one because it includes all of the relations, rich ones and poor ones; and almost every family can boast of many poor relations, even if it cannot find rich ones to count upon its fingers.

There are pitchers from over the seas; pitchers made in this country; metal pitchers; china pitchers; and pitchers of a number of other materials; and the pitchers are of many different sizes and shapes.

As there are so many in this large family, it will not be necessary to name them all. Sometimes, in newspaper accounts of large balls and receptions, you notice this sentence:—"Among those present, were,"—and then follows the list of such people as are best known to the public. After the list of

names, you often notice these two words:—"And others." So now with the Pitcher Family, our interest must concern only those of the "Among-those-present" list, while the members of the "And-others," though useful and ornamental in their own quiet way, will have to take their unnoticed places with that list.

In our introduction of the Pitcher Family, therefore, the first—"reading from left to right"—as they say under newspaper illustrations of golden-wedding parties, four-generation groups, political candidates, foot-ball players, and other notable characters—is old Ancestor Lustre.

Ancestor Lustre is old and dignified. He belongs to that rare branch of the Lustre family known as the Pink-Lustres and is so proud of the fact, that he insists upon having the hyphen in his name made twice as long as the everyday hyphen, so the name will show its importance at a glance. He can tell you everything you want to know about the good, old times, and all of his most famous stories, like those of old Grandfather Clock's, begin: "When I was a little boy." He it is who stands in the niche in the stairway, and this niche he speaks of as his "family archives." He is not the oldest of the Pitcher Family, but has been given the chief place because he came with the family of the house.

The very oldest member of the Pitcher family is kept behind the locked doors of an ancient Dutch cabinet in the drawing room. He is Great-Great-Great-Great-Grandfather Steenwyck — so great that each of the Greats is spelled with a capital letter. He has such ornamental designs on him, that not one of the parlor-maids, who through the years have dusted the outside of the cabinet, has been able to guess what these decorations mean. Great-Great-Great-Great-Grandfather Steenwyck tells no stories for the reason that no one would understand either his language

or his stories; but he dreams wonderful things all to himself, through which dreams float visions of windmills, canals, tulip-fields, and the Zuyder Zee, one after the other, and he smiles at them all with a broad, pleasant mouth made on purpose for smiling.

In one of the living-rooms, there is another old foreigner kept in a curiously-carved cabinet. He was brought from East India years ago, by a sailor, and came in a very funny ship to Holland; then some years later, from Holland he traveled in a yet stranger ship to this country. Everyone calls him the Rajah, and, in state, he sits undisturbed, day after day, lazily dreaming of white elephants and red pepper. As becomes his country and his rank, he is gorgeously dressed in mystic symbols—"thim quare hathenish patterns," as Norah calls them.

None the less beautiful is old Imri from the province of Hizen in Japan. He is shaped less like a pitcher than any of the Pitcher family, but as he was intended to serve the same purpose, and because of his age, his beauty, and his having come from the Flowery Kingdom, he is considered an important member. He is of red, blue, and gold, and wears a medallicn, representing the Autumn Moon from Ishiyama, in a frame work of rugged, old pine branches. Because of the medallion, he is called the Gentleman of the Decoration. He, too, has visions, but they do not belong either to the Zuyder-Zee type nor to the red pepper variety. Instead, he dreams of the seven other scenes, any one of which might have been chosen for his medallion. These are: The Evening Snow on Hirayama; the Sunset Glow at Seta; the Evening Bell at Miidera; Boats Sailing Back from Yabase; Bright Windy Day at Awazu; Rain by Night at Karasaki; and Wild Geese Settling at Katata. Between the shifting of these scenes, he sees always, Fujiyama, the sacred mountain — the inverted wisteria spray stretching to the pale blue sky.

A gentleman, proud and stiff-necked,

is old Sir Lowestoft. On his left side he bears the crest of a noble house, but whatever his thoughts are, one never can tell, for the lordly fellow holds his head at such an angle that I do not doubt his brains tipped out long ago.

A dainty being is Lady Wedgwood. In her simple, cream-colored frock, she is as unlike haughty, old Lord Lowestoft as you can imagine. Wonderful stories could she relate, if she were so inclined, for her well-poised head holds something more than the worldly dream of things; but she modestly keeps her thoughts to herself. She needs to display no crest, for long ago people discovered her nobility, and she is best known by the loving title, "Queen Charlotte."

The Four Seasons Pitcher is a favorite with the young people. One of the boys said jokingly that although it is not what you would call an "all 'round pitcher," yet, no one could deny it to be perfectly square; which is quite true, as it has four sides, one for each season. Often, the little people look at it fondly, and you hear such cries as:—

"I choose this side!"

"Wait — I choose this one!"

"So do I!"

"No, I like the Spring side best!"

"O! The Winter one for me!"

Through it all, the Four-Seasons Pitcher smiles pleasantly upon everyone, whichever of her four sides best suits her audience, and placidly goes on with her dream of the year.

Dear Grandmother Silver Pitcher lives in the dining-room. She has a border of a little, bell-shaped design, and bears the hall-mark of a date in the seventeen hundreds.

A gentleman, who is a favorite with the household, is a large pitcher decorated with pictures of ruined castles. He

it is who appears upon the table at the daily luncheon hour, and everybody lovingly calls him the Ruined Gentleman of the ruined castles. He is a genial chap, and while the hungry mouths are filled, he dreams away like the other pitchers, and, in mind, wanders through the Rhine country where there are other castles besides the ones depicted on his sides.

One more introduction, and our list of the notables is at an end.

To meet the funniest of the Pitcher family, we must go up that graceful, inviting staircase, and run along a corridor to the nursery. Then, as we enter, we see him on a shelf in the corner. He bears a grotesque likeness to a man, and wears a three-cornered hat. From his high perch, he watches over the children of the household, and they pretend that he tells them stories about any subject under the sun. The mother of the household has taught them that his name is Toby, but they, wishing to be polite, call him, on account of his being an elderly person, Uncle Toby Jug, as it would not seem courteous to call him Toby and nothing more.

So, "Among those present," belong the fine people I have named; and since, after being introduced to such great personages, it would be most uninteresting even to look at so down-to-date a creature as dainty Miss Haviland from France, and quite out of the question to be seen speaking to so common a pitcher as the one ornamented with a picture of Niagara Falls, and bought in Gloucester, Massachusetts, while it bears the stamp, "Made in Germany," why, the only thing left to be done, is to give the rest a most condescending bow, and consign them to the great company of the "And others."



Mrs. Kent's Nora's Little Biddy

(Concluded from page 269)

Then presently up Lexington Street way and down Paca Street way, and along Howard and Madison—from the four quarters of the globe, you might say—came the searchers back to their stalls. Old Ma'am Kelley hoisted herself back up onto her stool with many a groan by reason of the rheumatism in one knee—the Virgin be praised she could still pray on the other!—being extra bad this morning, and by that you'd know 'twould be raining tomorrow. Pa Schnitzer took up his business exactly where he left it, in the midst of a soup-bone; and weary customers brightened up and began to open up their purses. Business did not resume itself all at once, however. For down the aisle towards her grandmother's stall came Biddy, between a proud chauffeur and a pompous coachman. Her face shone with beatitude. Her shawl and hood were gone entirely. The little yellow chintz dress had actually burst asunder over her throbbing bosom, laying bare a wide glimpse of a red flannel shirt below, just as you've seen some golden flower display its vivid heart. Her bright black eyes were snapping like an August thunderstorm. Her whole person, from small dark head to shabby shoes, radiated a splendid satisfaction. She addressed herself to the smiling group about her.

"I've seen", she gasped, "I've seen—".

It is not easy to unload an overloaded bosom. Biddy fell helplessly speechless with volumes upon the tip of her tongue.

"It's sorra a bit more seein' you'll do for a pack o' day, Bridget McCabe," put in her grandmother sternly, seizing the little figure by the shoulders so sharply that the entire little red shirt flaunted itself shamelessly through an increasingly yawning chasm in the yellow chintz. "After this you'll abide at home wid the old man, I'll tell ye that! It's good coppers and nickels you've lost

me this day, trapesin' this way and that till the Virgin herself must be dizzy kapin' en eye on you cut of heaven. And the whole market in a hurrah by reason of you, and we closin' at one o'clock the day!" She shook the child roughly, and wrapped her tenderly in her own shawl.

"Abram," put in Mrs. Morris, "where did you find her?"

Abram, the chauffeur, grinned, and winked jovially at Biddy, and the pompous coachman giggled decorously behind a broad gloved hand.

"I find her at Schmeisser's saloon, ma'am, up on Biddle Street," said Abram. "She was sitting up on the counter with a glass of beer wedged between her knees, licking the foam off with her tongue. I couldn't budge her till she'd finished. And when I put her into the car, she says, says she, 'for the love of heaven, ma'am, take me for a ride!' So as I knew it would be considerable of a while before the market folks got back, I took her around a bit, and I'm dizzy myself with telling her what's what. Druid Hill Park she liked; and the penitentiary pleased her fine."

"Biddy," said Mrs. Kent, "climb up on that stool this instant minute, and don't climb down again till you're bid, if I keep you there till Judgment day!"

"Oh, granny!" piped Biddy, "I've seen—"

Mrs. Kent's hand closed firmly over Biddy's mouth. "If you let out so much as a single squeal before the stroke of six by the clock on the chimbley at home, you'll find to your sorrow that the Pen'tentiary is handsomer outside than in. You will that, Miss McCabe!"

Six o'clock, and daylight faded to a dusky glimmer. Silence and a soft gloom reign in the deserted market. There are no echoes of the busy day under the ancient black roof. Presently the moon comes up and picks out with silver

the edges of the stalls, worn and hacked with time and use. Up and down the meat market, where Pa Schnitzer searched on hands and knees for little Biddy, a wandering wind sends loose scraps of paper scurrying, light-footed ghosts of the dead hours. In Mrs. Kent's stall the comforting brick, wrapped in its piece of old carpet, grows cold with the night, forgotten in the stress of leaving. All the warmth and color of the day; all the splendid profusion of earth's fruits; and the ruddy tints of beef and the pink glory of pork and lamb; all the shining silver of the finny tribe and the bright gold of butter and cheese; these are but a memory till "come next Tuesday."

In the lane back of Old Man Parson's, Rose and Wally, walking together unbeknownst (mind you, she ought to be getting supper!), have found a few straggling daisies lifting pallid discs to the moon's splendor. Rose's face is uplifted to Wally's. "It must be spring again," she ventures.

Wally, seeing eternal spring in her uplifted glance, gives vent to one splendid bar of notes, one soaring, ecstatic crescendo that rises to heaven and trills there for a dizzy moment—and then finds a better use for his puckered lips. The spalpeen!

But at home, shut in from the moon's glamor, where the table is set and the

sausages.— Bud Vogeler's, and hard to beat—are frying upon the fire, while old Grandad sits sightless before the quickening glow, Mrs. Kent and Biddy have each an anxious glance upon the old clock on the chimney-piece. Biddy, absolutely speechless these many hours, sits quietly by Grandad's chair. Her small, mute face has all the qualities of a sphinx. You might think she had nothing to say, maybe? Mrs. Kent knows whether or not! Foreseeing the flood to come, she would stave it off another half-hour with supper, but this is not to be. As she sticks a fork into the sausages, thereby liberating a fragrant geyser, the clock gathers its time-weakened forces for a brave effort Br-r-r— *one, two, three, four, five, six!*

"Grandad," says Biddy promptly with the last note, "Where d'you think I've been!" She is all eyes, eager and brilliant.

"Where then, honey?" quavers the old man. He, too, has been waiting for the clock to strike.

Mrs. Kent sighs. Biddy lisps, making an entire circuit with the tip of her tongue. "I've seen—" she says slowly (so sweet a morsel must be rolled a little) "I've seen—Grandad, *I've seen the world!* I'll begin at the beginning and tell you all about it!"

Mrs. Kent sighs again and puts the sausage on the table.

On the Threshold

Sometimes when Summer's dream-compelling
wine
Is mingled with her fragrance on the wind,
In some leaf-haunted glen I, wandering, find
Myself where one brave step would render mine
A fleeting glimpse across the verge of time
Into the great Beyond, all undivided.
Trembling, I pause, with ecstasy half blind,

Before the thrill my sense cannot define!
Again, beside some still October stream
Whose amber depths are strewn with leafy gold,
Or in the city street where grim throngs teem,
In child-eyes sad and prematurely old,
For one dumb breath's span comes the transient
gleam,
And fades — Ah, but the *after-glow* I hold!

R. R. Greenwood.



HOME IDEAS & ECONOMIES



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

The Exchange Value of the Fats

1st. Oleomargarine or other butter substitute may be used to replace butter, measure for measure, in all recipes for breads, muffins, cookies, cakes and pastry, as both of them contain about the same amount of water and yield about the same energy value to the body.

2nd. Lard, or clarified pork fat, which has been heated to drive out the water, but not to change the color of the fat, may be used in place of the butter in all recipes for breads, muffins, sauces, spiced cakes, cookies or pastry; but where the recipe calls for a full cup of butter (16 tablespoonfuls), 2 tablespoonfuls less of lard should be used, as 14 tablespoonfuls of lard will equal in value 16 tablespoonfuls of butter.

3rd. Hardened vegetable fats, sold under various trade names, contain little, if any, water. They may be used in place of butter in all recipes for breads, muffins, cookies, cakes and pastry, providing that where the recipe calls for one cup of butter, one cup less $1\frac{1}{2}$ tablespoonfuls of hardened vegetable fat is used. In other words $14\frac{1}{2}$ tablespoonfuls of hardened vegetable fat will equal 16 tablespoonfuls of butter. The hardened vegetable fats are excellent for all recipes for browning meats and vegetables, but they are more expensive than the vegetable oils from which they are made.

4th. Commercial fat compounds have practically the same exchange value as the hardened vegetable fats. They usually consist of vegetable oils and meat

fats so that the flavor often approaches that of suet fats.

5th. Vegetable oils, which include olive oil, cottonseed oil, corn oil (maize oil), peanut oil, sesame oil, may be used wherever butter fat is called for, but in order to get the best results the amount used should be as follows: $14\frac{1}{2}$ tablespoonfuls of vegetable oils equals 16 tablespoonfuls, or one cup of butter.

6th. Clarified chicken or goose fats usually contain a small amount of water and may therefore be used, measure for measure, in place of butter in all recipes.

7th. Grated chocolate in a cake may be used to substitute for part of the butter. The fat content of one cup of grated chocolate will replace one-fifth a cup of butter.

8th. Cream (thin) may be used in place of butter in biscuit and cake recipes. One cup of thin cream will take the place of one-fifth a cup of any fat.

9th. Cream (whipping 40%). One cup will take the place of two-fifths a cup of fat in biscuit or cake recipes.

10th. Animal fats, such as suet from beef or mutton, or pork fats, may be ground and melted in a pan set in another pan of hot water, or in a water bath; drained into a clean jar, covered and kept in a cool place for use. Fats left from cooking may be clarified by mixing with water and heating, with constant stirring, until the steam from the boiling water has carried off some of the odors from the cooked fat.

The Department of Agriculture states that if such fats are allowed to cool, removed from the surface of the water

and heated with sour milk in the proportion of one-half cup to six pounds of fat, and then strained through cloth, the fat will have acquired some of the milk of butter flavor, and may be used in place of butter.

11th. Savory fats, to be used in browning or in all methods of cookery, or in warming over vegetables, may be made by heating mutton, beef, or bacon fats with a leaf of sage, or marjoram, summer savory, or a blade of garlic.

Fats which can no longer be used for food may be saved in a stone-ware crock and later used for soapmaking.

Tables—Exchange Value of Fats

Material	Tablespoonfuls	Replaces Butter
Oleomargarine		Equivalents
Commercial fat com-		
pounds		"
Chicken fat (clarified)		"
Goose fat		"
Fat from Beef		"
Fat from Mutton		"
(clarified)		"
Lard	14	16 tablespoonfuls
Hardened Vegetable		
Fat	14½	16
Hardened Vegetable		
Oils	14½	16
Grated Chocolate in		
cake	1 cup	3
Cream, Thin	1 cup	3
Cream, whipping 40		
per cent	1 cup	6
Suet, chopped	1 cup	2 cups, 5 tbsp.

* * *

Left Overs

THE woman who can use left-overs is the one who uses business efficiency in managing her home.

The following are some very good and surprisingly delicious luncheon dishes devised from left-overs.

King Cheese Pudding

Line a buttered baking dish with pieces of buttered or unbuttered bread. Cover the bottom of the bread bowl, thus formed, with a thick layer of grated cream cheese. Cut up a few ripe, green, or stuffed olives and green or red sweet peppers and sprinkle on top of cheese. Add salt, pepper, and onion salt. Cover

with a slice of buttered bread. If desired, another layer may be made of cheese, etc. Have bread for the top. Use left-over cream of tomato soup or milk and tomato purée for liquid, adding two eggs, well beaten, to each cup of liquid.

Pour the liquid over the top of the pudding and allow it to soak well into the bread. The amount of liquid needed will depend upon the size of the bowl. The liquid should not stand above the top of the bread.

Place the baking dish in a pan of warm water and bake in a moderate oven until the pudding is firm but puffed. Test—a silver knife put down into the center of the pudding should come out clean.

The top will be delicately browned. Serve, at once, as the main dish at luncheon, with a lettuce or fresh fruit salad.

Salmon and Spaghetti

Equal parts of creamed salmon and spaghetti in tomato sauce, mixed and packed into individual ramekins, sprinkled with buttered bread crumbs and baked to a golden brown, garnished with a sprig of parsley, makes the luncheon table look pretty and gives the family a wholesome food.

If the mixture is heated before it is put into the ramekins, the time required for browning the crumbs will be shortened.

M. S.

* * *

"Radiator Cookery"

HOW many housewives having radiator heat, steam or hot water, realize they have at hand—not only one way of combating the present "H. C. L." but also one of the very best methods of slow cookery?

After several years of experimenting, I still have my first failure to chronicle—everything attempted having turned out most satisfactorily. In fact, it seems the ideal way of cooking anything needing long, slow heat, such as rice, beans,

lentils, split peas, etc. Rice steamed or dried out over the radiator has no equal. Cook as usual in rapidly boiling salted water, blanch, drain, turn into pan having close fitting cover, and place on radiator to dry out (several hours will do no harm). The result will be perfectly cooked rice—much increased in size—each grain dry and flaky.

The water drained off the rice may be diluted one half and used as liquid for bread-making instead of the usual milk and water, giving bread a delicious flavor and, I may imagine, requiring less flour.

Beans, lentils, split peas—boil and blanch as usual—return to the range to boil again, then transfer to radiator and cook until done.

Breakfast cereals are, also, most successfully cooked over the radiator—and coffee kept warm during the meal—in my case within reaching distance.

Dried fruits, such as prunes, apricots, peaches, figs are most successfully cooked in this manner, without even the preliminary heating—merely placing them on the radiator in cold water and cooking until soft.

Parsley, celery and onion tops dried in open pans retain not only most of their original color, but also flavor and, when used in soups and stews, are quite as satisfactory. Onion sprouts were so dried last winter and were quite a saving in the late winter months when the festive onion was selling at fifteen cents per pound.

Orange and amber marmalade I prepare to the long cooking stage, then place on the radiator and allow to cook and dry down—the results leave nothing to be desired. I think it the only way, as there is no chance of burning, therefore requiring no attention.

Orange and grape fruit sticks are dried out perfectly.

Tapioca cream and tapioca fruits are also a delight when done over the radiator. In fact, its use is almost unlimited as I have even done a small washing on it when rushed for time. Bring

clothes to a boil on gas range, transfer to radiator and allow to steam until you can give attention to finish. As I have already said its use is almost unlimited and should have many converts before the radiator season is over. It is well worth trying, not only because of the saving in gas, but also because of superior cooking and flavor, to say nothing of the saving of one's time, which, in these days of "conservation," should be considered, if one is knitting socks for soldiers or otherwise doing her "bit."

MRS. F. J. P.

* * *

Oats as Food

AN excellent food to consider as a flavory, nutritious, and easily prepared substitute for bread is oats, either in the form of oatmeal or oatmeal biscuits. As a food that imparts vim, energy, and endurance, oats have long been recognized as supreme. And in the form in which they can in these days be procured for table use, they excel nearly every other grain food in flavor and ease of preparation.

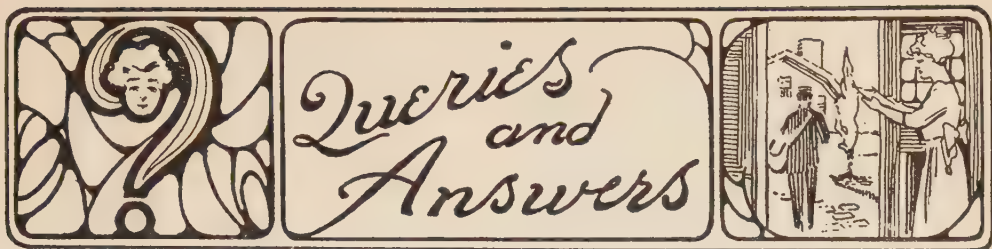
Again, oats have advanced little in price, whereas nearly all other foods have soared. Prices on Quaker Oats, — the product of the Quaker Oats Company of Chicago—for example, have advanced, on the smaller package only from 10 cents to 12 cents, and on the large, only from 25 cents to 30 cents. Most other foods, for the same nutrition, cost from twice to ten times as much. Even so simple a diet as bread and milk, for the same nutrition, today costs twice as much as oatmeal. The average mixed diet costs four times as much.

Coffee Cake with Bacon Fat

$\frac{1}{2}$ cup brown sugar	1 cup raisins
$\frac{1}{2}$ cup molasses	2 cups flour
$\frac{1}{2}$ cup shortening	1 teaspoonful soda
$\frac{1}{2}$ cup hot strong coffee	

spices, ginger, cloves, cinnamon and nutmeg. After this is in the tin, cut small pieces of citron and stick in the top of the dough.

F. E. H.



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose addressed and stamped envelope. For menus, remit \$0.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY NO. 3876. "Recipes suitable for a child of four, for Cream of Spinach Soup, Rice Pudding, Bread Pudding, Oatmeal Biscuits, Bran Biscuits and Egg Biscuits.

Cream of Spinach Soup

1 cup hot milk	$\frac{1}{2}$ cup cold milk
2 tablespoonfuls flour	$\frac{1}{2}$ cup fine-chopped
$\frac{3}{4}$ teaspoonful salt	cooked spinach

Stir the flour and salt with the cold milk until the mixture is free from lumps, gradually pour on the hot milk while stirring constantly; stir and cook directly over the fire until the mixture boils; let cook over boiling water twenty minutes. When ready to serve, beat in the spinach, first pressing it through a sieve; water in which the spinach was cooked (of which there should be but a small quantity) strained through a cloth may form a part of the measure of spinach. If skimmed milk was used for the soup, a tablespoonful of top milk or a teaspoonful of butter may be beaten into the soup at serving.

Rice Pudding

2 cups hot milk	2 egg-yolks
2 tablespoonfuls corn-starch	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{2}$ cup rice, boiled
$\frac{1}{4}$ cup cold milk	tender

Cook the cornstarch, salt and cold milk mixed to a smooth paste in the hot milk, stirring constantly, until thickened; cover and let cook twenty minutes. Add the rice, which should be hot, beat the egg yolks, add the sugar and beat again; stir into the rice mixture, cover and let cook over hot water

until the egg is set. Or, turn into a baking dish, cover with the egg-whites, beaten very light and mixed with three tablespoonfuls of sugar, and let cook in a very moderate oven about twelve minutes. This quantity of pudding will serve five or six children.

Bread Pudding

1 $\frac{1}{2}$ cups fine, soft bread crumbs, measured lightly	$\frac{1}{2}$ cup sugar
1 egg beaten light	$\frac{1}{4}$ teaspoonful salt
	2 cups milk

Beat the sugar and salt into the beaten egg; add the milk and gradually stir the mixture into the crumbs. Let stand half an hour, then bake in a dish of hot water. The water should not boil during the cooking.

Biscuits for Child of Four Years

We do not know what sort of biscuits are referred to by our subscriber. Stale bread and dry toast are the forms of bread considered most suitable for a child of four years.

QUERY NO. 3877. "Give a list of Dried Fruits, with modes of cooking, that are permissible for a child of three years."

Dried Fruit for Child of Three Years

One to three tablespoonfuls of fresh or cooked fruit-juice and pulp should be given once a day to a child of three. When only dried fruit is available choose any mild fruit as pears, dates, apples, prunes or peaches; let soak in cold water

over night, stew quickly and add a *slight trace of sugar*. Prunes stewed slowly for *some time* may be used without sugar. Dates require no sugar.

QUERY No. 3878. "Do the Well-Balanced Menus given in AMERICAN COOKERY conform to Dietetic Rules, as far as Food Combinations are considered.

Food Combinations in Our Well-Balanced Menus

The ideas of food specialists as also the ideas of people in general vary greatly as to what are proper food combinations. Our well-balanced menus conform to the rules of dietetics as far as a careful and painstaking study of the subject on our part admits. Unless otherwise stated, they are written for a family in good health and of average activity. However, it must be borne in mind that the menus are given as suggestive rather than as hard and fast rules, to be followed explicitly. As, for instance, while a roast of meat with vegetables and apple-pie with a bit of cheese might be acceptable as a dinner for a family of adults engaged in active pursuits, other food would need be provided for children less than 10 years old. Also after a rich roast, a dessert free of fat would be preferable even for adults, if they be of sedentary habits.

QUERY No. 3879. "Suggest menus for a Church Supper to be served to between thirty and fifty people once a month. The cost of the food materials is to be limited to fifteen cents each.

Supper Menus for Fifteen Cents

I

Welsh Rabbit
Bread and Butter
Canned Fruit
Cookies or Plain Cake
Coffee

II

Succotash
(Dried Lima Beans, Canned Corn)
Rye Bread Cornmeal Bread
Butter
Frozen Apricots
Plain Cake

III

Macaroni cooked with Tomatoes
Cheese and Smoked Beef
Graham Bread Wholewheat Bread
Butter
Squash Pie
Tea

IV

Macaroni or Rice Croquettes
Cheese Sauce Pickles
Bread and Butter
Chocolate E'clairs
Coffee

V

Boston Baked Beans
Boston Brown Bread
Rye Bread
Pickles
Baked Indian Pudding
Maple or Vanilla Sauce
Tea

VI

Potato Salad, Garnish of Hard-Cooked Eggs
Bread and Butter
Baked Apples, Top Milk, Sugar
Coffee

VII

Creamed Celery with Cheese au Gratin
Bread and Butter
Chocolate Cream Pie
Canned Fruit
Coffee

VIII

Gnocchi à la Romaine
Celery
Bread and Butter
Junket Ice Cream
Plain Cake

QUERY No. 3880. "Recipes for Canning Chicken, Sausage Soup, etc., are desired. We have a patent canner."

Canning Soup and Meats

Our experience on canning soup and meats is too limited to be of much value. Chowder and beef stew, canned by the "open kettle" method, keep, even in the summer, for a week or more in the refrigerator. We do not think it advisable for amateurs to try keeping meats for an indefinite time. Potted ham, given in the June-July number of the magazine, opened one month after preparation, was not as pronounced a success as we could have desired.

QUERY No. 3881. "Recipes for one or two Small Cakes or Cookies that do not require much sugar or wheat flour."

Molasses Hermits

$\frac{1}{3}$ cup butter	$\frac{1}{2}$ cup barley flour
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ teaspoonful soda
$\frac{3}{4}$ cup seeded raisins, chopped	$\frac{1}{4}$ teaspoonful salt
1 whole egg and 1 yolk beaten light	$\frac{1}{4}$ teaspoonful mace
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ teaspoonful cinnamon
$\frac{1}{2}$ cup wheat flour	$\frac{1}{4}$ teaspoonful ginger
	$\frac{1}{8}$ teaspoonful clove

Cream the butter; gradually beat in the sugar, then the raisins, the eggs, and molasses. Sift together the flour, soda, salt, and spices, and stir into the first mixture; add more flour if needed to make a dough. Knead the dough slightly, roll into a sheet, cut into rounds, set in a buttered tin, dredge with granulated sugar, and bake until well browned below and above. The recipe makes thirty Hermits.

Oatmeal Cookies

$\frac{1}{2}$ cup butter	1 cup oatmeal (raw)
$\frac{1}{2}$ cup sugar	1 cup flour
$\frac{1}{2}$ cup raisins, seeded and cut fine	$\frac{1}{2}$ teaspoonful baking powder
1 egg	$\frac{1}{2}$ teaspoonful cin- namon
2 tablespoonfuls sweet milk	

Add the raisins to the creamed butter and sugar. The dough should be quite thick. Drop from a spoon on well-buttered tins in smooth rounds. Bake about fifteen minutes.

Cornflake Wafers

2 eggs, beaten light	$2\frac{3}{4}$ cups cornflakes
1 cup sugar	1 cup chopped nuts

Beat the sugar, cornflakes and nuts into the beaten eggs. Butter inverted tins and shape the mixture on the tins, about a teaspoonful in a place. Bake about twenty minutes in a moderate oven. Lift from the tins with a spatula.

QUERY No. 3882. "How may Chestnuts be kept free from worms."

To Prevent Chestnuts from Becoming Wormy

To keep chestnuts from becoming wormy and unmarketable, the entomologists of the United States Department

of Agriculture advise that the nuts be fumigated with carbon disulphide, which will kill the larvae of chestnut weevils.

Put the nuts in a large water-tight barrel. Into a pie pan on top of the nuts pour an ounce of carbon disulphide for each bushel. Cover the barrel immediately with a piece of oilcloth or heavy tarred paper to keep in the fumes. Allow to stand under fumigation for 15 to 24 hours. Remove the nuts from the container; air them thoroughly for about one hour. This fumigation kills any worms which may be present and thus prevents their further growth. It will greatly reduce losses in transportation and storage and will not affect the edibility or appearance of the products.

Caution: Carbon disulphide is very inflammable and can be ignited by a match, lantern, cigar, or pipe.

QUERY No. 3883. "How should a Soft-Cooked Egg be served at the breakfast table, in the shell or in a cup?"

Serving of Soft Egg Cooked in Shell

The manner of serving a soft-cooked egg is entirely a matter of individual taste. Such eggs may be sent to the table in egg-cups, a piece of shell removed from the top and the egg, held firm in the cup, be thus eaten from the shell; or, the one at table for whom it is prepared may remove the contents of the shell to the cup for eating. Or the egg removed, in the kitchen, from the shell to the cup, may be brought in on a plate ready to eat.

QUERY No. 3884. — "Recipes for Boston Baked Beans, New York Baked Beans, and Beans Baked with Tomato Sauce."

Boston Baked Beans

Let one pint of pea beans soak in co'd water over night. In the morning wash and rinse in several waters. Then parboil until they may be pierced with a pin. Change the water during the par-boiling, adding a teaspoonful of soda with the last water. Rinse thoroughly

in hot water. Put one-half of the beans into the bean pot. Pour scalding water over one-fourth a pound of salt pork and, after scraping the rind thoroughly, score it in half-inch strips. Lay the pork on the beans in the pot, and turn in the rest of the beans. Mix two tablespoonfuls of molasses and one teaspoonful, each, of mustard and salt, with hot water to pour, and turn over the beans. Then add boiling water to cover. Bake about eight hours in a moderate oven. Keep the beans covered with water and the cover on the pot until the last hour. Then remove the cover, and bring the pork to the top, to brown the rind. Beans are better, baked in large quantities, and the size of the pot should correspond to the quantity baked.

Less than a pint of beans cannot be baked very successfully. When properly baked the beans are neither dry nor sloppy, and each bean is whole yet tender.

Beans Baked with Tomato Sauce

Use the usual formula for Boston Baked Beans, then, when occasion arises for replenishing the liquid, add, each time, a cup of tomato purée or a cup of ordinary tomato sauce.

Baked Beans and Pork, New York Style

Let a pint of pea beans soak over night in water to cover generously. In the morning drain off the water; add fresh water and wash and rub the beans through the hands in the water. Turn the beans into a colander and let cold water run through them. Then cover with cold water and put over the fire to cook. Dip one-fourth a pound of salt pork into boiling water, and scrape the outer surface, including the rind, thoroughly, then put the pork into the beans to cook. When the skins of the beans are easily pierced, remove them from the fire, add a teaspoonful of salt and turn them into a rather shallow baking dish (a tin or agate dish answers nicely).

Score the rind of the pork, for cutting into slices, and press it down into the beans in the middle of the dish, cover with an agate plate and bake in a moderate oven from four to six hours. Add boiling water as needed during the first of the cooking. Do not add water during the last hour. Just before the last hour, remove the cover, to brown the top of the beans and pork. Serve hot with tomato catsup, mustard pickles and the like.

Delicate White Cake

Beat three-fourths a cup of butter to a cream and gradually beat in two cups of sugar. Sift together, two or three times, three cups of sifted flour and two level teaspoonfuls of baking powder; beat the whites of six eggs dry; add half a cup of milk to the butter and sugar, alternately, with three cups of sifted flour. Lastly, add the beaten whites.

Twenty Ways of Serving Left-over Chicken or Turkey

- Chicken Croquettes
- Chicken Soufflé
- Chicken Timbales
- Chicken Omelet
- Filling for Swedish Timbale Cases
- Filling for Patty Cases (puff paste)
- Filling for Pastry Cases, Baked over Small Tins
- With Celery and Nuts as Salad
- With Celery and Peas as Salad
- Creamed on Toast with Poached Eggs above
- With Biscuit Mixture as Chicken Roll
- Creamed with Border of Curried Rice
- Hot Chicken Sandwich
- Club Sandwich
- Chicken Gumbo Soup
- With very small quantity of Chicken
- As center of Rice or Macaroni Croquettes
- Cut fine with String Beans, Peas, Asparagus
- Tips, cooked Celery in Tomato or Aspic Jelly, Served as Salad
- Combined with Chopped Ham or Nuts as Sandwich Filling
- Added to Macaroni in Tomato Sauce, etc.
- With Chicken fat and broth in Cream of Chicken Soup

This is what the National Food Administration asks of each one of us:

The wise and careful use of Wheat, Meat, Butter Fat and Milk.

The use of other Fats than Butter in cooking.

The use of other cereals for part of the Wheat in bread.

The use of Eggs and Cheese, to reduce the demand for Beef, Pork and Mutton.

The larger use of Fruits and Vegetables.

The substitution of foods that are plenty for foods that are scarce or are especially needed for export.

The elimination of waste.

The free consumption of perishable goods locally grown, and the preaching of the "gospel of the clean plate."

An Important Announcement

CRISCO
*For Frying-For Shortening
For Cake Making*

Crisco now comes in one-pound packages and sells for but little more than the cheapest cooking fats in bulk.

In buying Crisco in its air-tight package you have all the advantages of cleanliness and economy, and none of the objections common to goods bought in bulk. It is an absolutely satisfactory cooking fat, wholesome, purely vegetable and economical. It is so rich that less is required in all recipes calling for butter.

If you are not now using Crisco buy the one-pound package without delay. All of the other large size packages will be continued.



Send for This Book

EVERY housewife will find much helpful information in Janet McKenzie Hill's new volume "Balanced Daily Diet". It is more than a cook book although it contains recipes for a large number of palatable and economical foods. Suggestions are given for the serving of well balanced meals for every month in the year, combinations of dishes that please the taste and help in physical strength and mental activity. Illustrated in color. The interesting story of Crisco is also well told. Send for a copy. Published to sell for 25 cents, we will mail the book postpaid to any address for five two-cent stamps. Address Department A-11, The Procter & Gamble Company, Cincinnati, Ohio.

*A Reduced Reproduction of the
New One-Pound Package*

New Books

Successful Canning and Preserving, By
OLA POWELL. 4 colored plates, 164
illustrations. 371 pages. 8vo. \$2.00
net. J. B. Lippincott Company,
Philadelphia.

This is the sort of a book that the author and publisher may well be proud of and for which the public should feel grateful. It is the second volume in the Lippincott's Home Manual Series, the first being that excellent book for home and classroom use, "Clothing for Women."

Any one can realize how tremendously important canning and preserving of good products are, not only as factors in keeping down the individual's cost of living and in home management, but also in national economy in the broadest sense, as unless the individual does his or her part in treating the great mass of vegetable and fruit that ripens during the short season our country annually loses vast resources. Practical sense in canning, preserving, drying and brining cannot come from slipshod methods. For each there is a process, although a process which can be carried out by the individual in the home kitchen. This book presents the methods in a particularly clear text, supported by a great number of excellent illustrations.

The chapters on the history of the development of scientific canning and bacteriology as applied to canning, will give the worker an understanding of the importance of the industry and the reasons why all of the steps are taken in order to insure against the spoiling of any of the material. There then follow chapters upon the canning, preserving and drying of all sorts of vegetables, herbs and fruits; particular attention is paid to the making of marmalades, jams, jellies and pickles. There follows an excellent presentation of the preserving of meat. To make the book of even greater value, she includes a

chapter upon the part fruits and vegetables should take in the diet and also the method of forming canning clubs and making a business success of all the work that is done beyond that necessary for home consumption.

The chapter on "Canning Club Organization" is of great interest and value. The activities described are typical of the home demonstration work now being conducted in fifteen southern states and are fairly comparable to that move recently started in thirty-three northern and western states. In fact, this book is of especial interest to canning clubs and similar organizations. It is perhaps the most considerable work of the kind yet undertaken.

Practical Food Economy, By ALICE
GITCHELL KIRK. Cloth \$1.25 net.
Little, Brown & Co., Boston.

In words that all, young or old, experienced or inexperienced, may understand, Mrs. Kirk presents practical truths on economy in foods, shows how to have well-balanced meals and gives helpful suggestions for buying, preparing and cooking without waste. Particular emphasis is laid on the value of various foods in relation to body nutrition, their purpose, and the quantities needed for the average family of four. A chapter on canning is included and there are several pages about children's foods. The housekeeper who desires to do her bit in food-saving will be greatly aided by the use of "Practical Food Economy."

The book contains just practical suggestions, good advice and encouraging words to women and home-makers in these days of stress.

America's greatest need is the elimination of waste in our kitchens and on our tables.

Here, for instance, is a word to the bride:

"Don't go to boarding. You started

ECONOMY RECIPES

TESTED
and
APPROVED
by the School of
MODERN
COOKERY



Compliments of
GENERAL CHEMICAL COMPANY
FOOD DEPARTMENT
25 BROAD STREET
NEW YORK

THIS new booklet contains timely recipes—timely, in that they are planned for maximum nutrition at a minimum cost, and it will be sent to you upon request.

After a trial of RYZON, The Perfect Baking Powder, we are sure you will continue its use, and you should also have a RYZON Baking Book. The RYZON Baking Book, priced at \$1.00, contains nearly two hundred tried recipes, and may be obtained through your grocer. If he cannot supply you we will send you the book and a one-pound (35c) can RYZON prepaid, on receipt of \$1.00.

A pound tin of RYZON and a copy of the RYZON Baking Book will be sent free, postpaid, to any domestic science teacher who writes us on school stationery, giving official position.



GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK

to make a home—a little nook of comfort and brightness in the world. As yet the individual kitchen is a necessary part of it, whatever the future may hold in the way of cooperation. Start your little cooking class there to-morrow, using your clever head as well as your willing hands, and by and by—when John is able to afford a cook—he will be as proud of the wife who knows how to cook, as you will be of his practical grasp of business details, which, by that time, he will have relegated to those under him.

“Every woman should remember that a successful business man must know his work from the bottom up. Why shouldn’t you? Home-making is not play, but it is far better; it is worthwhile work, and as such should be healthy and wholesome; and that little class of one, faithfully and cheerfully persisted in, represents a very important part in home life.

“Make a fresh start and your husband will soon have one of the best cooks ever ‘made’, as there are few like Topsy—‘just born.’”

An Old Appeal

ONE of the bravest and most gallant struggles for national liberty in all the history of the world was the war for the independence of the Netherlands against Philip II of Spain. William of Orange—William the Silent—led his people through years of war to ultimate victory, though he did not live to see that great result. In unselfish devotion to his people and his country, in courage and ability, he stands in the annals of his country as Washington stands in ours. Of him it was said by Motley, the historian, “When he died the little children cried in the streets.”

The great and powerful United States arrayed against Germany is in no such condition as was the Netherlands Confederacy arrayed against the power of Spain, yet the Prince of Orange’s appeal

to the Dutch people to give financial support to the cause of liberty possesses a timely interest, when the United States Government is asking the American people to give their financial support to their Government in this war for liberty in the world.

The Prince of Orange in his address to the inhabitants used these words:

“Let not a sum of gold be so dear to you that for its sake you will sacrifice your lives, your wives, your children, and all your descendants, to the latest generations; that you will bring sin and shame upon yourselves, and destruction upon us who have so heartily striven to assist you. Think what scorn you will incur from foreign nations, what a crime you will commit against the Lord God, what a bloody yoke ye will impose forever upon yourselves and your children, if you now seek for subterfuges; if you now prevent us from taking the field with the troops which we have enlisted. On the other hand, what inexpressible benefits you will confer on your country if you now help us to rescue that fatherland from the power of our enemies.”

We want new subscriptions now especially.

Let us stick to our respective programmes and all pull together.

Please make use of AMERICAN COOKERY as usual in making inexpensive and sensible Christmas presents.

Try to renew your own subscription promptly, when the date of expiration comes, by sending us two new subscriptions at one dollar and fifty cents each. In no other way can mutual service be more easily rendered. Everybody concerned will receive benefit.

As our Food Commissioner advises and directs, let us prepare to do our part in spreading information how to preserve our food supplies so as to meet the exigencies of the hour.

The call upon the women of America for help is something tremendous and startling. Will they duly respond?

5 Breakfasts For the Cost of One

Do you know that most breakfast meat dishes cost five times as much as Quaker Oats, measured by nutrition? And that eggs alone cost six times as much for the same amount of food units?

The average mixed diet costs four times as much.

Pound for pound, round steak and chicken have less than half the nutrition of oats.

Beef supplies, in lime, phosphates and iron, not one-fifth so much as oats.

As a balanced food, the oat stands supreme.

Also as a vim food and a food for growth.

Also as a flavory and inviting cereal dish.

Serve oats liberally and often. They will minimize your food cost, and your folks will be better fed.



Quaker Oats

The Luscious Oat Flakes

For extra flavor, insist on Quaker Oats. These flakes are made from queen grains only—just the rich, plump oats. We get but ten pounds from a bushel.

Omitting the small grains makes them doubly delicious. Yet they

cost no extra price.

Use them also in bread and muffins, in cookies and pancakes. Use them to thicken soup. The Government is urging every housewife to help conserve our wheat, and this is one way to do it.

***12c and 30c per package in United States and Canada,
except in Far West and South where high
freights may prohibit***

(1670)

The Silver Lining

Her Ideas of Men

A little girl wrote the following composition on men:

Men are what women marry. They drink and smoke and swear, but don't go to church. Perhaps if they wore bonnets they would. They are more logical than women, also more zoological. Both men and women sprang from monkeys, but the women sprang farther than the men.

The Whole Gamut

Mayor Mitchel said at a dinner in New York:

"Insurance rates, now that we're at war, will naturally go up. I heard the other day about a young fellow who went to an insurance agent and said:

" 'I'd like to take out a policy, please.' "



©
G. F. Co.
1914

**Mother—
Save Little Folks' Stockings**

Velvet Grip
HOSE SUPPORTER

Stands great strain and rough wear. The *only* supporter having the Oblong Rubber Button which prevents tearing and drop stitches. Be sure to get the genuine — look for "Velvet Grip" stamped on the clasp.

Child's sample pair (give age) 16c. postpaid
Sold Everywhere

GEORGE FROST COMPANY, Makers BOSTON

" 'Very good, sir,' said the agent. 'Sit down and have a cigar. Now, then, what kind of a policy do you want to take out — life, fire, burglary, accident, murder, drowning, assassination, or marine?'

" 'I'll take the whole caboodle of them', said the young man. 'I'm going to try to cross to England through the U-boat blockade.' "

The Crowning Hardship

Of the many witticisms attributed to the late Joseph H. Choate, our favorite is his famous toast to the fair sex, given some years ago at a dinner of the Pilgrims:

"Women, the better half of the Yankee world, without whose aid the stern Pilgrims never could have achieved the historic title of the Pilgrim Fathers! The Pilgrim Mothers were more devoted martyrs than were the Pilgrim Fathers, because they not only had to bear the same hardships that the Pilgrim Fathers suffered, but they had to endure the Pilgrim Fathers besides."

Practice Makes Perfect

A young Burnley weaver, according to an English paper, was taking her little baby to church to be christened.

Its father had been in the trenches for three months, and it was impossible for him to get home for the ceremony.

The baby smiled up beautifully into the minister's face.

"Well, madam," said the minister, "I must congratulate you on your little one's behavior. I have christened two thousand babies, but I never christened one that behaved so well as yours."

The young mother smiled demurely, and said:

"His grandad and me hev' bin practisin' wi' him fer a week wi' a bucket of water!"

MIX

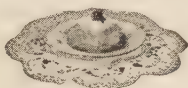
Place $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{2}$ cup sugar and pinch of salt in 3 cups of boiled coffee.

COOK

Cook for 15 minutes in double boiler. Remove from fire. Flavor with vanilla.

SERVE

Serve in one large portion or in individual glasses, with sugar and cream as desired



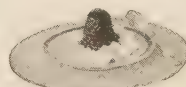
Pineapple Tapioca

Boil $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{2}$ cup of sugar and pinch of salt in 4 cups of water till clear. Remove from fire and add 1 cup pineapple grated or chopped with $\frac{1}{2}$ cup of sugar. Serve with cream. This is shown served on a slice of canned pineapple with whipped cream and whole nut on top



Danish Pudding

Cook $\frac{1}{2}$ cup Minute Tapioca in 3 cupsfuls hot water 15 minutes. Add $\frac{1}{2}$ cup sugar, 1 salt-spoon salt and 1 small tumbler grape jelly. Stir till dissolved. Serve ice-cold with sugar and whipped cream. Pint ripe strawberries may be used in place of jelly.



Coffee Tapioca

Cook fifteen minutes in 3 cups coffee, $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{2}$ cup sugar and a little salt. Flavor with vanilla and serve cold with cream and sugar. One more cup of coffee may be used unless it is desired to mold this dish. This is shown molded in a jelly glass and served with whipped cream.

Mrs. Delia M. Derby—
in charge of Recipe,
Menu and



Household Help Service
of Minute Tapioca
Company.

Minute Tapioca

A new dessert every day for weeks and weeks, each one dainty and delicious, each one economical yet satisfying and each one *easy* to make.

Yes, it is all true as you can prove for yourself if you send for the helpful Minute Cook Book. It's FREE. Use the coupon *today*.

Minute Products Minute Tapioca and Minute Gelatine conform to all Pure Food Laws, both State and National. Gold Medals of Honor at Panama-Pacific Exposition.

Always look for the diagonal blue band and the famous Minute Man.



Tapioca Cream

Cook in double boiler fifteen minutes, quart hot milk, two heaping table-spoons Minute Tapioca and a little salt, stirring frequently. Beat together the yolks of two eggs and half cup sugar, and at the end of fifteen minutes stir into the milk and tapioca. Cook until it begins to thicken like custard. Remove from fire and whip in the beaten whites of the eggs. Add any flavoring desired. Delicious.



Minute Tapioca Company
911 West Main Street
Orange, Mass.

Minute
Products won
Gold Medal of
Honor at Panama-
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TAPIOCA COMPANY
911 West Main St., Orange, Mass.
Gentlemen: Please send me a copy
of the Minute Cook Book. Sent free post-
paid

Name

Street

City State

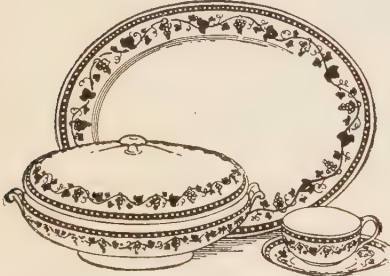
Grocer's Name

Address

JONES, McDUFFEE & STRATTON CO.

Table Crockery, China and Glass

For Thanksgiving



DINNER SETS or CHINA DINNER WARE

of all grades taken from our large assortment of Stock patterns enable the purchaser to select just the articles desired without being obliged to purchase the articles not required at the time, with the added advantage of being able to obtain matchings or additional pieces of the same pattern later on.

Pyrex Cooking Glassware

Clean, transparent Glass to bake in !
Ware that oven heat cannot break !

Casseroles

Pie Plates

Bread Pans

Ramekins

Bakers, etc.

Pyrex Gift Set—consisting of eleven items for \$5.00, packed in a neat box, is especially attractive.

Glass Condiment Bottles and Jars with engraved labels, **Chili Sauce, Olives, Worcester Sauce, Pickles, Mayonnaise**, \$4.00, \$5.00 and \$5.50 each.



TURKEY PLATTERS

Large and extraordinarily large platters, on which to serve the national bird or joint of beef; also plates to match.

Jones, McDuffee & Stratton Co.

CROCKERY, CHINA and GLASS

33 Franklin Street - - Boston

Near Washington and Summer Streets

Reason for Blushing

A very pretty but extremely slender girl entered a street car and managed to seat herself in a very narrow space between two men. Presently a portly colored mammy entered the car, and the pretty miss, thinking to humiliate the men for their lack of gallantry, arose.

"Aunty," she said, with a wave of her hand toward the place she had just vacated, "take my seat."

"Thank you, missy," replied the colored woman, smiling broadly, "but which gen'man's lap was you settin' on". — *Judge*.

Client: "This bill of yours is exorbitant. There are several items on it I don't understand."

Lawyer: "I am perfectly willing to explain it, but the explanation will cost you five dollars."

Somebody of a psychological turn of mind once asked Lord Rosebery, "What is memory?"

"Memory," Rosebery replied promptly, but somewhat pensively, "memory is the feeling that steals over us when we listen to our friends' original stories."

The Frenchman did not like the look of the barking dog barring his way.

"It's all right," said his host; "don't you know the proverb, 'Barking dogs don't bite'?"

"Ah, yes," said the Frenchman, "I know ze proverbe, you know ze proverbe; but ze dog—does he know ze proverbe?"

"I done had to go out collectin' foh de missionary society," explained the old colored woman who was wanted for some housework, according to Harris Dickson.

"But I have work for you to do, and you need all the money you can get. What do you get paid for collecting?" asked Mrs. Dickson.

"I don't get paid," said Mandy. "I only gets what I collects."

How this bacon gets its wonderful flavor

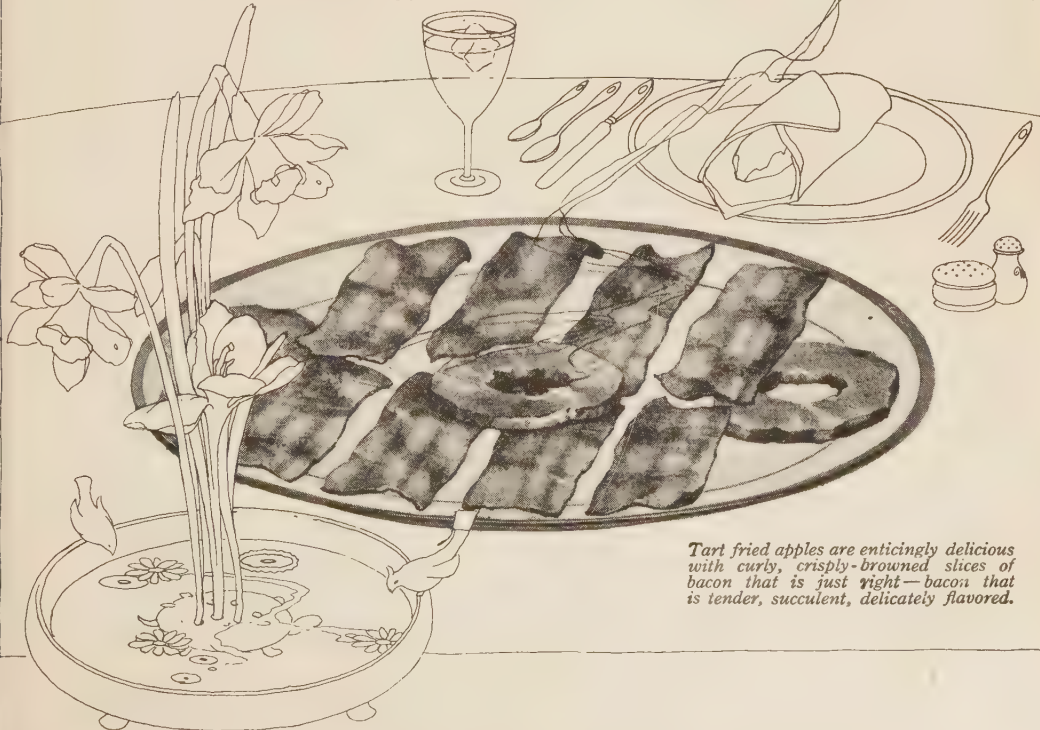
Who does not love the piquant tang of well-flavored bacon, browned and crinkly? And in Swift's "Premium" Bacon you notice at once a special flavor, a crisp deliciousness that you cannot get in any other bacon. This is because long years have been devoted to working out the method that gives you the most delicious bacon possible.

Each carefully selected piece of meat is cured by a secret, long-tested process. It is then suspended in the smoke of hickory fires until the fragrant aroma has penetrated to its very heart. Thus all the bacon's original sweet flavor is retained and a new delicate spiciness added.

It may be purchased in the strip, or sliced and packed in glass jars, or in sanitary sealed cartons—so carefully packaged that it brings you all its exceptionally fine flavor straight from the fragrant hickory smoke.

Swift's "Premium" Bacon

Swift & Company, U. S. A.



Tart fried apples are enticingly delicious with curvy, crisply-browned slices of bacon that is just right—bacon that is tender, succulent, delicately flavored.



"I Am Going to Make a Dress Just Like That"

"Really, it's not hard at all. You see, I've been studying dressmaking with the Woman's Institute. Now I can plan and make all my own clothes and can copy any dress I see at a third what it would cost ready made. I could make good money as a dressmaker if I wanted to."

7,000 Women Learning Dressmaking at Home

Today more than seven thousand women in city, town and country all over America have discovered the easy, practical way to clothes economy through the simple home-study Courses in Dressmaking and Millinery offered by the Woman's Institute.

These women, by learning to make their own dresses and hats, are finding that they can save two-thirds of what their clothes formerly cost. They are getting a \$35 suit for \$15, a \$20 dress for \$6, a \$5 waist or child's dress for as little as \$1 or \$2, a \$10 hat for \$3.

These are actual differences that you can save by learning dressmaking or millinery through the Woman's Institute. Think what that means with the cost of living so high.

What Some of Our Students Say

I am so proud of the dress I have made. My clothing bills are less than half what they were before.

MRS. JAMES WALTON, Pocatello, Idaho.

I have made many interesting garments from the instructions. They seem to have an individuality that you do not get from a ready-made garment.

MRS. J. MACLEAN, Providence, R. I.

I have earned enough making dresses for relatives and friends to pay for my entire course.

MISS DOROTHY HARMELING, Brooklyn, N. Y.

Have made four hats from old materials and like them better than any I have ever had and have always paid 8 to 20 dollars for my hats. Have never before made or trimmed a hat.

MRS. E. A. TOMBLER, San Francisco, Calif.

With the knowledge these courses give you, you can secure a good position or go into business for yourself. Good dressmakers and milliners are always in demand. You can qualify now, right at home, for a successful career.

Send this coupon, or a letter or post card for handsome, illustrated book. Please state which subject interests you most.

WOMAN'S INSTITUTE, Dept. 12-X
425 Fifth Avenue, New York, N. Y.

Woman's Institute of Domestic Arts and Sciences, Inc.
Dept. 12-X, 425 Fifth Ave., New York City

Please send me booklet containing full information about your course in the subject marked X.

☐ Home Dressmaking ☐ Professional Dressmaking ☐ Millinery

Name _____
Specify whether Mrs. or Miss

Address _____

American Red Cross Woman's Bureau

Suggestions for Christmas Packets for our Men at Home and Abroad.

By Christmas we shall have a large number of men in France, and 600,000 in the cantonments at home, besides the thousands in the regular Army posts and in the Navy, and everyone will be eager to help in giving them Christmas cheer.

No matter how generous a supply of gifts some of the men may receive from families and friends, it is believed that all Red Cross members will want to unite in sending to each man a Christmas packet filled with good things and good will.

In order that the men may be equally remembered and yet that there may be a pleasing variety in the packets, the following suggestions are made for preparing and assembling the Christmas parcels:

1. Nothing should go in them which will not keep fresh from the time of packing until Christmas.

2. Dried fruits and other food products should be packed in small tin or wooden boxes, one-quarter to one-half pound size.

3. Hard candy, including chocolate, would probably be safe in tin foil or heavy cardboard, but no soft chocolates nor anything that could possibly be crushed should be used, as the remaining contents of the package might be spoiled thereby.

4. Several dainties, packed in oblong tin boxes holding, each, a quarter of a pound, will provide a better variety for a packet than a larger quantity of a single confection.

5. No liquids nor articles packed in glass should be placed in the package.

6. For wrapping the gifts use a khaki-colored handkerchief, twenty-seven inches square, and form the base of the packet by placing on the center of the handkerchief a pad of writing-paper about seven by ten inches.

7. Select a variety of articles either from the suggested list (or according to



Those Delicious Waffles

Is it any wonder the whole family crave waffles—those crisp, light, golden brown appetizing dainties?

Served with powdered sugar, honey or maple syrup they have become the popular national food, whether served for breakfast, luncheon or dinner. And they are just as wholesome and economical as they are appetizing.

Making delicious waffles is not an art. Anyone can make them by following a tested Griswold recipe. **"It's all in the iron."** You'll never get a scorched or doughy waffle when you use the

Griswold Waffle Iron

The handiest waffle iron made—with its air cooled handle, its ball and socket joint that permits turning without removing the iron from the stove. Its deep pattern insures a crisp, well done Waffle, its protecting ring catches greases and batter and keeps the stove clean—and it's the easiest iron to clean, too.

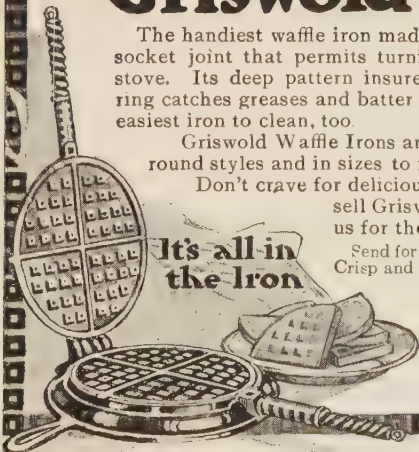
Griswold Waffle Irons are made in aluminum or iron, in square round styles and in sizes to meet your needs.

Don't crave for delicious waffles—make them. All good dealers sell Griswold Waffle Irons—if yours does not, write us for the name of the nearest dealer who does.

Send for your copy of the FREE Recipe Book, "Delicious, Crisp and Brown Waffles," today:

The Griswold Mfg. Co.
Dept. A, Erie, Penn'a.

*Manufacturers of the famous Bolo Oven
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The lightest of cakes, the most toothsome of cookies, the smoothest of custards—all are far short of perfection if they lack the rich deliciousness of—

Burnett's Vanilla

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In addition to the noticeable betterness of flavor, it is economy to use Burnett's. A little goes far and you don't risk spoiling costly flour, butter, eggs, etc.



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When the leaves begin to turn and the frost is on the pumpkin" its time for "pumpkin pies" like "mother used to make." Any housewife, young or old, with

STICKNEY & POOR'S STANDARD SPICES

can produce the same delicious flavor because the secret of mother's pies was in the purity and dependability of the spice. For Goodness Sake, say Stickney & Poor to your grocer.

Your Co-operating Servant, "MUSTARDPOT"

STICKNEY & POOR SPICE COMPANY
1815--Century Old--Century Honored--1917
BOSTON, MASS.
Mustards - Spices Seasonings-Flavorings
THE NATIONAL MUSTARD POT

individual wishes) to an amount not exceeding \$1.50, and arrange them on the pad of paper so that the entire package shall be the width of the pad and approximately five or six inches high.

8. Wrap and tie with one-inch red ribbon and place a Christams card under the bow of ribbon. A card bearing the greetings of the chapter would be desirable.

9. Wrap the parcel again in heavy, light-brown Manila paper, and tie securely with red, green, or gilt cord, and use Christmas labels or American flags as desired.

This leaflet is published early that those interested may be gathering funds for the purchasing of these packets and assembling the small articles to go in them.

Chapters will receive directions from Division Managers as to the dates when packets should be shipped to France and also as to the dates when those intended for the home cantonments should be ready for distribution.

Money for these gifts is not to be taken from the Red Cross funds but should be contributed by individuals for this specific purpose.

LIST OF ARTICLES SUGGESTED FOR CHRISTMAS PACKETS

- Khaki-colored handkerchief, twenty-seven inches square, for container
- Writing-paper pad, about 7 by 10 inches.
- Envelopes
- Pencil
- Postals
- Book (in paper covers)
- Scrapbook, homemade containing a good short story, some jokes, etc.
- Knife, such as boy scouts use
- Mirror, steel
- Handkerchiefs, khaki-colored
- Neckties
- Mouth organ
- Katch the Kaiser (puzzle)
- Mechanical puzzles (an assorted lot of twelve small mechanical puzzles can be bought at the rate of twelve for 50c.)
- Red Cross Checkerboard.
- Electric torch
- Compass
- Playing cards
- Other games
- Tobacco
- Pipe and pipe cleaners
- Cigarette papers
- Water-tight match-box

SUGAR 5c Lb.

One of our leaders. We save you money on Groceries—catalogue free with trial order. The requests for catalogues are enormous and hundreds of thousands of dollars are lost annually by mail order concerns in sending out catalogues to places where no benefit is ever derived. To avoid all this unnecessary expense and be in a position to sell our goods at the lowest possible price, we have decided on the following plan: We will only send Bargain Grocery Catalogue to such people who can prove to us that they are really interested in saving money on groceries. We quote herewith a few of the bargains listed and which are sold in different parts of our catalogue:

FLOUR - \$10.36 Per Barrel

(One of Our Leaders)

Our Best Flour	\$10.36	per barrel
Our Best Flour	5 18	per half barrel
Our Best Flour	2.59	per 49-pound sack
Our Best Flour	1.30	per 24½-pound sack

HERE IS OUR PLAN

Send us \$1.99 for the following Trial Order and we will then know that you mean business, and we will include with your order our Bargain Grocery Catalogue, in which you will find big grocery bargains.

TRIAL ORDER M. Q.

	[Estimated]	Retail Price	Our Price
5 pounds Our Best Granulated Sugar	50 cents	25 cents	
1 large size package Quaker Oats	10 cents	7 cents	
1 pound Guaranteed Baking Powder	50 cents	39 cents	
¼-pound Black Pepper (Ground)	25 cents	15 cents	
¼-pound Cinnamon (Ground)	25 cents	15 cents	
¼-pound Ginger (Ground)	25 cents	15 cents	
¼-pound Mustard (Ground)	25 cents	15 cents	
2 bars Kirk's White Flake Soap	16 cents	9 cents	
2 packages Uneeda Biscuits	16 cents	8 cents	
1 bar Fels Naphtha Soap	6 cents	3 cents	
1 pound Breakfast Cocoa	60 cents	39 cents	
3 packages Washing Powder	15 cents	9 cents	
1 Catalogue Free			

Retail Price \$3.22 Our Price \$1.99

YOU SAVE \$1.23

OUR GUARANTEE: Your money returned in full if you are not more than pleased

COLE-CONRAD CO. 2214 Ogden Ave. Chicago, Ill.
Dept. M.Q.

SUGAR - \$5.00 Per 100 lbs.

(One of Our Leaders)

Our Best Granulated Sugar	\$5.00	per 100 lbs.
Our Best Granulated Sugar	2.50	per 50 lbs.
Our Best Granulated Sugar	1.25	per 25 lbs.
Our Best Granulated Sugar	.50	per 10 lbs.

Other Big Bargains in Our Catalogue

Uneeda Biscuits, 12 packages	40 cents
Quaker Oats, 6 large Packages	36 cents

AND OTHER BIG BARGAINS

Remember we send no catalogue unless we receive your trial order. We sell the trial order complete and no part of same. Nor do we sell any article mentioned in this advertisement separately. We reserve the right to return any money tendered in payment of goods contrary to our selling plan. Rush your trial order at once and get our catalogue and commence saving big money on all your groceries.

ORDER BLANK

COLE-CONRAD CO., Dept. M.Q., 2214 Ogden Ave., CHICAGO, ILL.

Gentlemen:—Enclosed please find \$1.99, for which send me Bargain Grocery Order No. M.Q., and include free your catalogue showing my Big Grocery Bargains, it being understood and agreed if I am not perfectly satisfied that I can return the goods and you will at once return my money.

Name.....
Address.....
City..... State.....
Express Office.....

NESNAH

(Made in a Jiffy)

It is always a pleasure to create; in cooking, mothers are continually doing creative work.

If they have either very young or growing children in the family that tire of milk their appetites must be coaxed by introducing milk into the diet in some likable form. What easier or more healthful way to do this than by the use of Nesnah?

The problem of getting children to take sufficient milk will be settled for all times if you serve it today, and as Nesnah comes in six flavors there is no need of having milk other than an attractive food.

CHOCOLATE NESNAH

Heat one quart of milk luke warm, drop into it one box of Chocolate Nesnah, and dissolve by stirring one-half minute. Pour into individual glass cups and allow it to stand undisturbed ten or fifteen minutes. Place in refrigerator and when well chilled serve with a little whipped cream.

ONE TEN CENT PACKAGE MAKES A QUART

SIX PURE NATURAL FLAVORS

Vanilla Lemon Raspberry
Almond Orange Chocolate

A post card will bring you a sample package and a Nesnah cook booklet.

Chr. Hansen's Laboratory, Inc.

The Junket Folks

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FRESH BEEF GREEN PEAS LIMA BEANS
RICE—SEASONING—ALL FOOD NO WASTE
FOR SANDWICHES BAKED MEAT PIE BEEF
& VEGETABLE STEW AND THICK SOUP

FULL SIZED CAN PARCEL POST PREPAID 25¢

THE HASEROT CANNERIES CO.

CLEVELAND, OHIO, U. S. A.

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home made candy

Send for
Recipe Book



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There's a Taylor Style Thermometer for Every Purpose

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Remember—Your grocer has it!



"From Contented Cows"

Chewing gum
Anola chocolate confections
Fruited Educator crackers
Fruit cake
Preserved ginger
Salted nuts
Prunes
Figs
Dates
Raisins
Chicklets, listerated
Hard candy
Chocolate in tinfoil
Licorice

The Lunch Habit

A French doctor has advocated the abolition of lunch—which is a startling suggestion, inasmuch as the French make a great point of déjeuner. But the doctor in question observes: "At a time when you need all your energy at work, you call for a large amount of it from your digestive organs. You stoke up an engine when it is beginning its task. Follow the same sensible course with your bodily engine. Eat your principal meal at the beginning of the day. Work on it through the day. Eat again after your labours, in the evening, but eat lightly. You do not then require any great quantity of fuel. You need to secure swift and wholesome sleep."

In an interesting discussion on this topic Mr. Thorpe Lee, writing in the *Daily Mail*, contends that the lunch habit is a positive curse. In London, he remarks, and other big cities, almost no business is done between one and three, often half-past three. All the "principals" are at lunch. Many of them get very little done in the afternoon. They are digesting their lunches. They have not enough energy to use their brains actively as well. If they force this brain activity, they are unable to digest. I am convinced that the indigestion from which seven business men out of every ten suffer is due to the lunch habit. It is the cause, also, of the creeping paralysis which attacks so many businesses and, if it does not destroy them outright, prevents them from competing victoriously with foreign rivals.

ONLY PURE
Spices, Mustard, etc
bear that name

SLADE'S

approved by
Prof. Allyn, Dr. Wiley
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Ask Grocers for
SLADE'S



This New Range Is A Wonder For Cooking

Although less than four feet long it can do every kind of cooking for any ordinary family by gas in summer or by coal or wood when the kitchen needs heating.

There is absolutely no danger in this combination, as the gas section is as entirely separate from the coal section as if placed in another part of the kitchen.



Coal, Wood and Gas Range



The Range that "Makes Cooking Easy"

Note the two gas ovens above—one for baking, glass paneled and one for broiling with white enamel door. The large square oven below is heated by coal or wood.

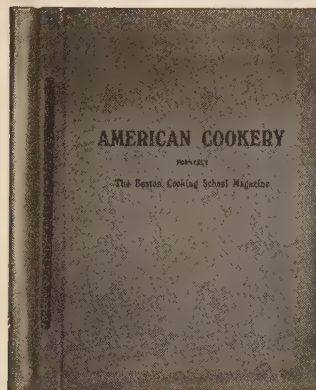
See the cooking surface when you want to rush things—five burners for gas and four covers for coal. The entire range is always available as both coal and gas ovens can be operated at the same time, using one for meats and the other for pastry. It Makes Cooking Easy.

Gold Medal

Glenwood

Write to-day for handsome free booklet 118 that tells all about it, to

Weir Stove Co., Taunton, Mass. Manufacturers of the Celebrated Glenwood Coal, Wood and Gas Ranges, Heating Stoves and Furnaces.



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We have had made a number of binders in green, red and ecru buckram, appropriately lettered. They are neat, attractive and practical. Each holds conveniently from one to ten copies (a full year) of the magazine.

As there is published in the last number (May) of each volume a complete index, by preserving the magazines in a binder one will have at the end of the year a complete book on cooking and household science always handy for reference.

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All of the flavor None of the labor

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For Homemakers, Teachers and for well-paid positions.

"THE PROFESSION OF HOME-MAKING." 100 page handbook, FREE. Bulletins: "FREE HAND COOKING," 10 cents. "FOOD VALUES," 10 cents. "FIVE CENT MEALS," 10 cents.

AM. SCHOOL OF HOME ECONOMICS, 503 W. 69th St., CHICAGO

CREMO VESCO

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Cocoa with Whipped Cream!
All from One Bottle of Milk!

Do you know that the "top" of a bottle of milk, or thin cream can be whipped as stiffly as heavy cream?

CREMO-VESCO, a preparation of absolute purity, makes this possible.

Desserts, soups, salads and cocoa may be served or decorated with whipped cream made from the "top milk" without any extra expense. Or if thin cream or equal parts of heavy cream and milk are used, at half the usual cost.

The most up-to-date housekeepers and the finest confectioners, caterers, tearooms and soda fountains in the country use Cremo-Vesco. Domestic Science schools and University Extension courses recommend it to their pupils.

Send for a bottle today

Household size, prepaid, 25 cents
16 ounce bottle whips 75 quarts
of thin cream. \$1.00

CREMO-VESCO COMPANY
631 EAST 23rd ST., BROOKLYN, N. Y.

Breakfast stoutly.

Lunch very slightly and quickly.

Dine moderately.

That is the wise man's method of supplying himself with energy at the hours when he needs it most.

How to be a Centenarian

Newspaper comment on a man who has lived one hundred years is always interesting, says the *Chicago Medical Recorder*. It is customary to publish a number of rules, given by centenarians, that presume to have been the life practice of the one who has lived so long. A recent publication of a set of rules deserves repetition and further emphasis:

Sleep eight or nine hours out of every twenty-four.

Work and exercise out of doors as much as possible.

Don't worry about things you can't help.

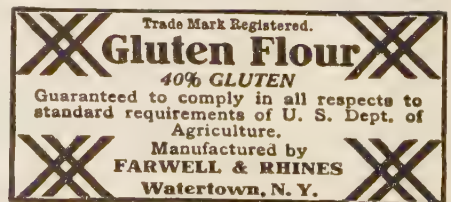
Keep up your interest in the news of the world.

Laugh every time you find something to laugh at.

Remember your obligations to your Creator.

The family were having guests, and six-year-old Edward had his supper alone and was sent to bed earlier than usual. The appetizing aroma of roast turkey reached him, and he decided to descend to the dining-room and claim his rights. When father, beholding the small figure at the door, demanded sternly, "Well, sir, what do you want?" Edward's courage fell and he answered apologetically,

"I just came to see if you would lend me a bone when you're through with it." — *New York Times*.



Menus for Christmas Dinners and Suppers

CHRISTMAS DINNER

I

Grapefruit
Roast Turkey
Chestnut Dressing
Cranberry Sauce
Mashed Potatoes
Boiled Onions
Celery
Steamed Carrot Pudding
Maple Sugar Hard Sauce
Salted Jumbo Peanuts
Coffee

II

Sliced Canned Pineapple
Chicken Pie
Cranberry Sauce
Cauliflower, Hollandaise Sauce
Sweet Potatoes with Maple Syrup
Celery
Half Cups Coffee
Toasted Uneeda Biscuit
Cream Cheese
Bar-le-Duc Currants or Sunshine Strawberries
Nuts Raisins Bonbons



CHRISTMAS SUPPER

I

Cream of Tomato Soup, Educator Crackers
Chicken-and-Celery Salad
Barley Parker House Rolls, Butter
Sponge Cake (Potato Flour)
Junket Ice Cream
Maple-and-Nut Bonbons

II

Cream of Chicken Soup, Meringue Above
(Thickened with Tapioca)
Cornflour Breadsticks
Oyster Croquettes, Canned Peas
Cabbage Salad
Ryemeal Finger Rolls
Maple Charlotte Russe
Peanut Brittle

III

Fried Oysters, Sauce Tartare
Yeast Biscuit
Raw Chicken Timbales
Mushroom Sauce
Lettuce and Canned Asparagus, French Dressing
Pineapple Bavaroise, Pompadour Style
Honey Cakes
Tea



CHILDREN'S SUPPER

Chicken Timbales, Cream Sauce
(Raw breast, cream and eggs)
Canned Peas
Bread Sticks
Junket Ice Cream (Vanilla)
Potato Flour Sponge Cake





A GROUP OF TIMELY FOODS

American Cookery

VOL. XXII

DECEMBER, 1917

No. 5

Blond Pastry of the French Pâtissier and the Brunette Pastry of the Italian Pasticciere

By Blanche McManus



HY are they bracketed together?

For the reason that France and Italy are the two great pastry making and pastry eating nations. Before their achievements the

efforts of all the rest of the world shrink into insignificant proportions. Even the genius that launched the most toothsome of all pastries—the great American pie—is hardly placed in the running in this competition, because of the fact that pastry, as defined *à la Française*, or *alla Italiana*, comprises an almost interminable list of sweets that have broken out and spread far beyond the frail barriers of pie-crust, and have absorbed into their serried ranks a complicated variety of sugary morsels of delight, whose nomenclature alone would form a bulky dictionary.

In France they are still grouped under the generic name of *pâtisserie*, and in Italy as *dolci*. Their consumption in each country is enormous, playing the sweetening rôle in the Latin's gastronomic day that candies do with us. Indeed the profusion of our delicious candies is quite unknown with them, and with the exception of very high-priced chocolates offer little appeal or variety, while

the big luscious cake, as we know it, practically does not exist.

Fancy candy being censored out of the American's food program for two days each week, and you can imagine the consternation that prevailed in Europe when the war régime of unsweetened days went into effect. Tuesdays and Wednesdays in Paris are now fast days for the diminutive *tartillettes* and *petits gateaux*, the days considerably selected by the thoughtful French food censor as being those the least liable to disturb the sweet routine of French life, which rises to its high-water line on Sundays and Thursdays, the two French family holidays, when the pastry shop becomes the family goal.

The French consider anything in which enters butter, milk or eggs as pastry, and so the war regulations cut off the sales of soda biscuit and corn bread sold at the few Paris tea-shops catering especially for Americans. By an ingenious subterfuge a sort of pastry, or *tartine*, came to the surface these fast days which did not fall under the ban—a sandwich of a sort, with a pastry upper and lower lid and a streak of jam or jelly or confiture in between. It was, however, but a poor substitute and as ephemeral as the Minister of Food Supply, who promulgated the law against a full pastry week, and who remained in office but a few weeks.

In my block in Paris there may be counted five *pâtisseries*, which evidences their popularity. French fashion is to eat pastry on the spot, standing. The quantity of it bought to be taken home is relatively small. One chooses her own assortment from the stock ranged temptingly in rows on white metal platters, and helps oneself at the same time to a small plate and fork from a pile close at hand, absorbing the chosen delicacies as best may be among the struggling throng, all intent on helping themselves in the same fashion.

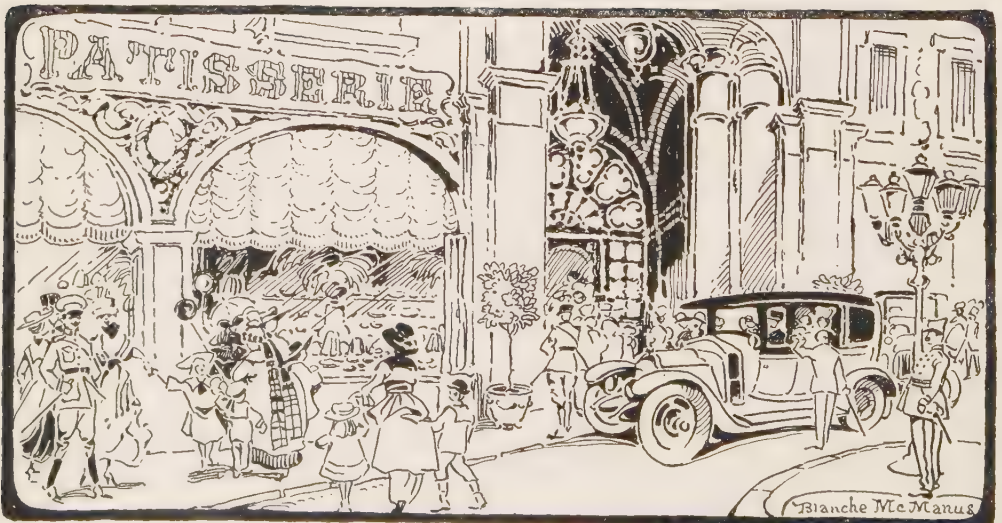
Usually there are a few small tables in the rear to which one may retire with a heaped up plate, but never really enough of them to accommodate the crowd. Each keeps tally of the pastries actually consumed and pays her account to the cashier with never a query. Nevertheless the clerks apparently have an occult way of keeping tabs, and mistakes, intentional or otherwise, seem never to occur.

Diminutiveness is the principal characteristic of all French pastry, little thimble-fuls of deliciousness, when made of good materials by a good *pâtissier*, and unexcelled in their particular species, of which there are three: fruit tarts and

tartelettes, pastry *à la crème* and *gateaux mousseux*, colloquially mentioned as *petits fours*, deriving the name from the special oval oven in which they were originally baked.

The *tartlette* may be considered the pet delicacy of the French, and the most typical, hardly larger than a dollar, of flaky crust in which is nestled the half of an apricot, a quarter of a peach, as few as three plums or as many as four cherries, over which is poured a hot syrup of fruit juice and sugar, thickened in many cases with gelatine. From its excessive stickiness, one suspects the presence of a drop or more of the sweetened liquid which the French are so fond of putting into their sweets and which they buy by the bottle and dash over things with a liberal hand.

The *tartelette* is made of either dried or preserved fruits, but the fresh fruit, cooked to this extent only, is considered the most *récherché*, and as it only makes a good mouthful does seem a little dear, though the price be but the equivalent of three cents. The *tarte* is but a larger growth of the same, rarely attaining the size of an American pie, the largest being about a third of the circumference



PARIS PASTRY-DAY, THURSDAY

of our classic pastry. Its price ranges from fifty centimes to five or six francs, say ten cents to a dollar.

A more ordinary form of fruit tart is made, one might say, by the yard, in big oblongs brought in on a board covered by a napkin and retailed in three *sou* slices. It is invariably of dried fruit with the same syrupy glaze. It is not, however, considered in the same class as the before mentioned, but rather as a plebian relation only, as is also the *chausson*, a turnover, usually with a scant filling of dried apple. Another *genre* is something on our cheese-cake order, with filling of almond paste, and *macarons*, from Nancy in the war zone, which are made, or supposed to be, of almond flour, but one suspects that sometimes it is chestnut.

Again there are the popular *cornes à la crème*, cornucopias of pastry, in ingenious spirals of varying lengths, filled with cream stiffened and whipped up with the white of egg. As sweet cream, as we know it, is not to be had, such thick cream as is used is of a slightly sour, acrid taste that the French seem to like.

Eclairs come next in popularity, chocolate and coffee flavored, but in nine cases out of ten the latter. The white glazed éclair is rare. The creamy custard fillings of all the *gateaux mousseux* are usually guiltless of flavoring of any kind, or the flavoring is so infinitesimal as not to be noticeable. French taste does not seem to require this aid, and with exception of vanilla, used in the form of small gratings of the vanilla bean, they fight shy of any kind of flavoring, above all in liquid form. However, extract of coffee is so universally employed that it may be said to be the classic French flavor, and the *gateau moka* the cake *de luxe*. Icings are but little used but the *moka* extract is mixed into a thick cream with butter and confectioner's sugar and used as a rich glazing as well as filling. These are the cakes in larger form which are

the usual birthday or holiday cakes, on which occasions the art of the *patissier* decorates them with names, mottoes and various forms of salutations, worked out in various colored icings and further enhanced with flowers of crystalized fruits and silver and gilt ornaments. As for simon-pure layer cake of the American species there is nothing at all ever seen at the French pastry cook's, or if found it can be accepted as a foreign graft not in the least indigenous.

The same ingredients of the *moka* cake go to make up the holiday season *Buche de Noel*, or Yuletide Log, so called, because it is made in the form of a miniature log of wood, the brown *moka pate* imitating the bark of a tree. It bears usually some sugary inscription such as "Bonne Année", or even the words: "Buche de Noel".

About the end of the first week in January the French pastry shops display another seasonable cake, the traditional *gateau du roi*, the Epiphany cake that commemorates the visit of the Three Kings. It is really more of a species of sweetened bread, in which are baked little symbolic images which add to the amusement of *Gateau du Roi* supper parties, a custom especially of Southern France, where traditional observances most flourish. There the Epiphany cake is called *fougasse*, and is made in the shape of a crude Maltese cross, and of more humble ingredients than usual, in which olive oil takes the place of butter or lard.

In southern France, too, the pastry cooks turn out a curious kind of wedding cake of towering form, composed of tiny two-inch balls, or *beignets*, made in a puff-ball fritter style, "glued" together with a coating of hot melted sugar which ultimately cools into a glassy pinnacle in which the puffs are imprisoned. The whole is surmounted with a tiny white sugar bride in a real tulle veil and decorated with the usual bridal symbols of loves and doves. It is a

cake which has rather to be picked to pieces to be eaten, than to be cut.

These puff-ball fritters serve for another extraordinary confection in pastry that appears once and again in various parts of southern France the week before Palm Sunday. From a small branch of a tree or shrub all the leaves are stripped and the pastry balls with their glassy coating stuck on the depending twigs, together with candied fruits, oranges and apples, even little toys; while over the whole are draped garlands of tinsel gilt and colored streamers. It has the effect of a weird sort of little Christmas tree, and is carried to church by the young people on Palm Sunday in place of the conventional palm branch or box twig as is otherwise customary. As these confectionery palms are often several feet in height the effect of numbers of them being carried through the streets is bizarre.

The most sought of all French pastry sweets are the tiny *délices*, served in frilled paper cups of white or gilt or silver that contain the sugared imitation of some natural fruit, such as a straw-

berry, a fig, cherry or a slice of orange, or a grape filled with some *liqueur* of various flavors and strengths. Though really of the confectionery class, they are served and consumed as are the *petits fours*, and are particularly in vogue at functions where refreshments are served standing at a buffet, as is so general in France, as they can be handled with impunity by daintily gloved fingers.

Plum cake, if you choose to class it with pastry, since all pastry shops sell it, is found everywhere in Paris these days, but it is frankly an imitation of the imported English variety and a long way behind the real thing. American cake and pastry is found only in two or three *soi-disant* American tea-rooms and, as far as they and it goes, is a satisfactory enough substitute, the chief criticism being that it is under flavored and not as "rich" as appears best to suit the American palate.

One's first impression of Italy is that the Italians are pastry-mad, and surely spend most of their waking moments in the *pasticceria*. Pastry shops are everywhere and are apparently crowded at every hour of the day and a good part of the night. They are as plentiful as old masters and enjoy, in some instances, quite as much repute and often are far more interesting. On the stage set by the big pastry-shops of Florence, Rome, Venice and Naples pass the real "Revues" of Italian manners and customs. Their rôle is much more important even than in the life of the French, because the Italian pastry-shop with its feminine clientèle is also often the adjunct to the café. The place of the French café is more than filled by the *pasticceria*, which not only makes and sells, to be eaten on the spot, pastries, tea, coffee and chocolate, ices and creams, but innumerable kinds of drinks peculiar to the Italian palate.

It is possible that the café-pastry-shops of Italy are even better remem-



bered by name than those of France. If the traveler carries away from the French Riviera the memory of Rumpelmeyer, Vogaud and Philippe, she will certainly have somewhere in her baggage those of Nazzari, Ronzi, Doni and, above all, Florian, the key to who's establishment on the Piazza of San Marco was thrown into the Grand Canal some hundred odd years ago.

With one's *pasti dolci* there are a half a dozen iced drinks to be had as their proper accompaniment — *sorbet* of partly frozen fruit juices; the popular *granita*, which may be described as a lemonade *frappé*; or any one of a line of *liquori* that the Italians lazily sip, accompanied by cinnamon powdered pastries, at eight or nine in the morning, even at noon, which latter habit makes one wonder, if a pastry repast does not often take the place of the Italian luncheon for many.

The primary ingredients of Italian pastry are obviously almonds, which are made into a flour, also honey, *pistache* nuts, cinnamon and much cream, which, it must be said, much more resembles the cow-brand than that of France; and, of course, much chocolate, the strong, bitter, black, unsweetened chocolate of Italian composition, much less coffee flavoring being used than in France. Black chocolate replaces the brown *moka*; also the nougats of Italy are of burnt nuts and sugar, while those across the Alps are of blanched almonds and honey and are white. Thus the general impression to be had is that French pastry is much lighter in color than that of Italy.

One picks out one's own cakes with plate and fork as in France. In the bigger establishments there are always tables, but "degustation" before the counter is quite usual and quite as chic. An Italian *pasticceria* gets its rating as to class by the number of its counters, or *banci*. Thus one of *quattro banci* approaches the very grand establishment, one which implies a large clientèle.



The always versatile drug store, in Italy, often adds another number to its repertoire, that of pastry and calls itself a *Drogheria-Pasticceria*, and of the latter it retails quite as much of an assortment as of the former.

Even the avowed café caters to the ruling passion by blazoning on its front the additional word *pasticceria*. Even in the smallest towns the pastry standard is high, and the cup of coffee or chocolate that one gets with it is delicious. Traveling about Italy one should do as the Italians do and take his, or her, little breakfast at the *café pasticceria*, rather than in more conventional fashion at the hotel or restaurant, for the little unsweetened pastry breads of Italy are crisp and toothsome delights.

Vendors of pastry pursue one through the streets of most Italian cities and

towns, along with the hawkers of souvenirs, plaster casts and coral necklaces and violets, especially in Naples. Their vociferation rings all day on the merits of their rather dubious looking wares, spread out on a wooden circular tray, carried on the head or hanging by a leather strap from the neck. Made of indifferent brown flour, sugar of the third degree, eggs of a respectable age and with fillings of slices of roasted apples or quinces, baked in ashes instead of in an oven, they are offered all comers, chiefly finding buyers among the street workers and hawkers.

But through every strata of affluence there extends the craze for pastry lumped into the one word *dolci*.

The pastry cook of Naples is particularly savant in the art of pie-crust. Its favorite variety is the ancestor of that known in France as "Napoleon", or "*mille feuille*", i. e., "a thousand leaves"; the *pate feuilletée*, a classic Italian *pasta*, for which honor is claimed by its having been mentioned by Dante;

elastic tradition even carries it back to the days of Horace.

This pastry of a thousand leaves is made of uncountable layers of a flaky crust rolled to the thinness of a sheet of tissue and superimposed one on another until the required thickness is arrived at, when it is cut off into thin oblongs and powdered over with sugar. There are two varieties, the "curled" large leaves, flat, that crack like tiny shells under the teeth; and the "soft" and high as three fingers and coated with a varnish of thick custard cream between the leaves. The price of either will approximate three *soldi*, say three cents, before the war unbalanced Italian exchange.

Other of the Neapolitan *dolci* are the hard-baked rings of sweet-bread powdered with sugar and aniseed, and the special pastries eaten to celebrate the great religious holidays throughout the year. Italy has a veritable pastry calendar and by following its rotations may be followed with precision the



THE PASTICCERIA-DROGHERIA OF A SMALL ITALIAN TOWN

gastronomic pastry round. One of the most remarkable of these is known as the "High Tower", crisp and sparkling with particles of colored rock candy. It is always the adornment of festive tables on the eleventh of November, the feast of Saint Martin, and must always be divided with friends in honor of the charitable saint who divided his cloak with a fellow soldier while defending a besieged city.

The north Italian city of Cremona, of sweet-toned violin fame, has another sweet specialty in a pastry which is eaten throughout Italy during the holiday season. The *pasticceria* displays it behind its plate-glass windows, also big almond *tartes* called royal *mandorle torrone*, made of a paste of sweet soft-shelled almonds, candied lemons and a liberal and varied assortment of spices mixed together with honey in a pie-crust shell, and when decorated with tinsel, gilt balls and artificial flowers are, indeed, a gay ornament for the centerpiece of a ceremonial dinner table.

Further, if one is to be in close touch with the Mardi Gras spirit, there are the sweet biscuits of Mid-Lent, while at Easter the *pasticceria* overflows with crowds who come to nibble with their syrups or chocolate the pastries of Pasqua, in whose composition honey

and almonds play the rôle of pie-crust.

Nuts are liberally sprinkled in and over Italian pastries, besides being used as a flour in their composition. The sweet kernel of the pine cone is much in vogue, both in Italy and southern France. One finds on both the French and Italian Rivas this famous *noix de pin* in little crescent-shaped cakes, the kernels stuck like tiny ivory pins around their circumference, and with a taste that is most agreeable.

Meringue is another favorite of both these Latin pastry-loving nations. This egg-shell-like pastry contains cream and it is known as *à la Chantilly*; filled with ice it is *à la glace*, and, in any case, it should always be eaten with a spoon. There is much fork-and-spoon etiquette involved in the supposedly simple business of eating pastry abroad, both *à la Française* and *alla Italiana* and a study of it in connection therewith will be found worth while.

Comparisons are worse than odious; they are as in-apropos and impolite as to say that a blond is more beautiful than a brunette. French pastry is of the blond type, while that of Italy is decidedly brunette. Take your choice. One distinction may be permitted—the characteristic of French pastry is delicacy; that of Italian is richness.

At Christmas Time!

At Christmas time—the eagerness
And exultation we possess—
In planning memory tokens, small,
For friendship's estimable call—
Should not engender thoughtlessness!

These joys do not alone express
The "Acme" of unselfishness
Which should each kindly heart enthrall.
At Christmas time!

A smile, kind words of cheerfulness,
Warm hand-clasps, wishes for success,
Sweet sympathy,—and so withal
Christ's spirit will on others fall,—
If we diffuse our thoughtfulness,
At Christmas time!

Caroline Louise Sumner.

October's Coconut Cake

By Ladd Plumley

MRS. CADY'S dinner had been an excellent dinner. With great difficulty the hostess had kept herself from boasting of her efficient but mysterious cook. She was always inclined to say the things which she was not expected to say.

New York brings together a human menagerie. Many of the vast mansions which line Riverside Drive and Fifth Avenue are owned by men who made fortunes in mining towns, began as bosses of lumber gangs, or drove a mule in a coal mine. Jim Cady began as a day laborer on a western railroad; he died in a mansion that in luxury exceeded most king's palaces.

Jim's widow knew all about cooking. From the age of sixteen until twenty-five she had been a cook in a railroad restaurant. She selected her cooks on the principle of "making good." The cook was engaged for one week, with the understanding that, if she did not make good, another would be engaged. The present cook had held the job for only one week. In cooking she had exactly suited. Moreover, there could be no question that she was pretty. Indeed the new cook was so very pretty that her mistress had confided to herself the suspicion that "Jane Darnley," as she was called, could never have spent many years over soups and gravies.

"I know something about that," had mused Mrs. Cady. "In my 'teens I had a peachy complexion. If I didn't use what most of the old fools of my age use, goodness knows I wouldn't be fit to be seen! What Jim saw in me I never understood. But I was glad enough to get into that first shack, where I didn't have to sizzle myself over endless buckwheat cakes. Then, when Jim began to pull in his pile in contracting, and the papers called him the "tie-king,"

I only did the cooking when he wanted something particularly good. I'll never get over my liking to cook—as a rest from society doings. But I've got way off from the new cook. I wonder if she's been planted here so as to get the lay of the house for a burglar?"

She had attempted to reassure herself, but that was difficult. She loved to wear diamonds as big as shoe-buttons, as well as the mighty chain of pearls which was one of Jim Cady's last presents to his wife. She had decided that she would engage another cook. As the week had gone on her suspicions had been more and more aroused. Generally the cook had, at once, become an integral part of the servants. It had not been so with Jane. From the day she had appeared something had separated her from the others. Toward the end of the week, Mrs. Cady had talked with Braddock, the butler.

"If I may be so loud-spoken," he had replied, "Miss Jane—she must be a Miss—hasn't seen service long. She's what you might call a hammerteur. Lofty! But I'm not saying she isn't the real lofty. Suppose a princess out of a story book is down on her luck and takes up cooking! That's the cut of it. Please Madam, don't repeat. As to the servants' sitting-room, no one ever gave me the character of a tattle person. Use that room? Why, Miss Jane hasn't sat there even once."

Before she engaged another cook, Mrs. Cady had decided to give a dinner party. She wished to return the courtesies of three married couples. She had also invited a newspaper man, whom she had met and whom she had taken a fancy to. As a companion for him, she also invited Miriam Opdycke. In inviting the latter she had hoped that Paul Kissam would take an interest in Miss Miriam. And

from the second that Mrs. Cady introduced the two, she had reason to think her hope was justified.

Miriam is a pretty girl, of the severe type, and Kissam is handsome, in a greyhound kind of way. Miss Miriam is something of a blue-stocking, and Kissam is a man of education, who has pulled himself up from a reporter's job to be city editor of a big daily.

Mrs. Cady believes in love at first sight. She is fond of telling how Jim Cady came at daybreak into the railroad restaurant and ordered three fried eggs, turned over, and how he had said that from the moment he gave his order he decided that for him there would never be again but one girl in "God's Skirt Show." She herself had been struck by the way the foreman of the track-gang wore his bandanna handkerchief, and the fact that, while other early customers' faces of a morning were as bristly as hair-cloth, Jim had a clean shave.

Kissam had taken Miss Miriam in to dinner and had been very attentive to her. Afterward, Mrs. Cady was delighted to observe that in the music room, where Miss Miriam was kind enough to play, Paul Kissam leaned at her side and turned her music. Later, while the older folks played bridge, Kissam and Miss Miriam retired into a corner and discussed poetry. Mrs. Cady felt sure it must be poetry, because Kissam made trips to the library and brought back several books.

The intriguer was so interested in what was going on in the corner, that, magnificent card-player she had been since the days of frontier life, she found it difficult to keep her mind on the cards. It couldn't be possible, she thought, that on the first evening the two whom she had brought together would rush a romance to the climax. But it really looked that way. By the time that the bridge players were ready for an eleven o'clock supper, it was evident that Kissam and Miss Miriam had quite forgotten the proximity of others.

They had retired to the library and dawdled in another corner, books strewn on a table at their side. But they were not consulting books. Their hostess, who rose to touch the button for refreshments, glanced into the library. Kissam was leaning toward his companion, his eyes fixed on her face. She was toying with a ring on her finger, absorbed in what he was saying. Miriam Opdycke would inherit a clean million, and Paul Kissam had nothing but his salary from the newspaper. Mrs. Cady exulted. She did not value money for more than money was worth. But in her own youth she had been a drudge, and, afterward, she had known what it meant to have the "stuff in hunks," as Jim would have put it. If this were love at the first meeting, even a cold million would never queer matters. After touching the call button for the butler, and giving an order for the little supper which she had arranged, she exerted herself not a little so that those in the library should remain undisturbed. She directed Braddock to carry a card table and a tray into the room, that the couple need not leave their corner.

In the outer room, Mrs. Cady placed herself so that she could keep an eye on the library, much delighted with her plan for the guests within the other room. The new cook had made good things for the little supper, and Mrs. Cady had done what she always did—she had sampled them. Therefore, it was to her surprise and a kind of horror, that she saw Mr. Kissam, after absent-mindedly picking up and tasting what was superlatively good cocoanut cake, taste it again and again, and in a manner which suggested that he had forgotten his companion and, indeed, everything but the cake. Miss Miriam's voice lifted itself above its former gentle cooing. "What in the world is the matter, Mr. Kissam? Anybody would suppose that you had discovered that there was poison in the cake!"

During the next ten minutes, exper-

enced woman that she was, Mrs. Cady was more surprised than she could remember she had ever been before. With a half-eaten piece of cake in his hand, Paul Kissam leaped away from Miriam, leaving her with a look of astonishment and indeed discomfiture on her face. With the cake in his hand, he rushed to the side of his hostess.

"Who made this cake?" came the abrupt question. His face held such strange emotion that Mrs. Cady believed he had an attack of instantaneous and very painful dyspepsia.

The others in the room gazed curiously at the two. It is rather unusual for a guest to cross-examine his hostess concerning who made the cake.

"I don't wonder you ask," replied Mrs. Cady. "It's a different kind of cocoanut cake. It is more than that. As a maker of cake myself, I know it's of a brand you would find impossible to eat elsewhere."

"Let me have a word privately with you," demanded the agitated young man.

At this request, which was even more unconventional than a cake cross-examination, the guests glared their amazement. But Mrs. Cady rose, excused herself, and led Kissam to a small reception room beyond the library. She closed the door. Immediately his explanations burst out in an impetuous flood that caused Mrs. Cady to be incapable of putting in more than gasps. Afterward, he could never have quoted the whole story in his impassioned language.

"It was the usual quarrel," concluded the trembling voice. "I was wrong, of course, but I believed that she would surely marry the other fellow. I left the home town and got a job in New York. Three years later I went back to the little western village. Her grandfather was dead, and she hadn't married—not the other fellow. She had gone to Chicago. After that I tried to trace her, but had to give it up. Very likely she was trying to elude me. Any-

how, this cocoanut cake was made by October Cunningham. Know! I'm dead sure. I ate the first cocoanut cake October said she ever made. She used to make it for Sunday night supper, when — But after these horrible years of search, and to be under the same roof with her! Heavens, I can't wait a moment longer! A man of stone couldn't stand it!"

Mrs. Cady is a woman of action. She left Paul Kissam, who was striding wildly up and down the reception room, pieces of cake strewn upon a priceless rug. She told her guests a fib which could never be called white. She said that Kissam had been taken ill, and that at such times he wished to be left alone. Under the circumstances she must request her guests to return to their homes. She would communicate with her physician and have him call as soon as possible. Miss Miriam was evidently more than doubtful of the veracity of the tale. When she, the last of the guests to go, had left, pallid of face and slow of exit, Mrs. Cady hastened to the room of the new cook. In the neatest of dressing gowns, Jane came to the door.

"Your name is not Jane Darnley; it's October Cunningham!" cried Mrs. Cady. "And you are a very silly girl. I'm ashamed of you! Running away from a fellow who loves you as much as Paul Kissam does! He says he's hunted for you everywhere. He's in the reception room. If you don't go to him, I really believe he'll cut his throat with a paper-knife. He's fully equal to it."

The next moment the new cook threw her arms around Mrs. Cady's neck and began to sob.

"There, there, my dearie!" consoled Mrs. Cady. "I know all about it. I acted just the same with Mrs. O'Hara, the night Jim called to say the word. Crying won't hurt. But you must put on something pretty, and then I'll take you to that wild man. If he's left alone too long he'll smash everything in that

room to bits. He's trampled that soft cake into the rug so I don't believe I'll ever get it out!"

Mrs. Cady will not listen to any other plan. The marriage is to take place in her house. Good-natured woman that she is, she is disgusted with the way Miriam Opdycke received the romantic story of how a cocoanut cake brought separated lovers together.

"That's it," purred Miss Miriam. "A man's heart is only an alias for his stomach. And as a matchmaker, Mrs.

Cady, I do congratulate you. You have a cook adventuress, and—well, Mr. Paul Kissam happens to be fond of cocoanut cake!"

"You don't believe me?" asked Mrs. Cady.

"That night you said he was ill," returned Miss Miriam. "But if you want my opinion, I think he is crazy. Anyhow, two tales have been told. I suppose I can take my choice."

Mrs. Cady was so angry that she hasn't spoken to Miriam since.

Books of Good Manners

By Charles Cooper

"Good manners," said our great-aunts, "next to piety,
And so, my friend, hurrah for good society."—A. H. CLOUGH.

WHEN, in the year 1533, Erasmus of Rotterdam, with a view to the improvement of the manners of the young Prince Henry of Burgundy, which no doubt left a good deal to be desired, wrote a little treatise in Latin entitled "*De Civilitate Morum Puerilium*", he produced a work which was destined to achieve a truly remarkable distinction, for this, be it understood, was the first book in the literature of Europe, and probably in that of the world, that sought by rule and precept to impress upon people how they ought to comport themselves whilst eating their dinners. Caxton's "Book of Good Manners" had, it is true, been printed at an earlier date (1407), but that was a treatise upon morals and religion by one Jacques Legrand, and its title was calculated to mislead those who might have hoped to find in it some certain guidance in matters relating to outward demeanor.

To the great Erasmus, therefore, belongs, beyond all question, the credit of having been the first to formulate axioms that impress upon the pupil

the unbecomingness of picking the teeth with the point of a knife (knives were made pointed then, and the rounded ends were devised, it is said, to wean people from this undesirable habit), also of licking greasy fingers, or of wiping them upon his clothes, (it is better, he says, to make use of the tablecloth), and of speaking with the mouth full, which, as he remarks with justice, is not only impolite but dangerous. Erasmus' work was felt to supply a want, and at once achieved popularity; it was translated into English by Robert Whittington, and anon into French, not once only, but many times. The standard French version "*Traite de Civilité Puérile et Honnête*", has practically survived to the present day, for its precepts, almost unaltered, occur in the standard text books on table etiquette that are still in use in French schools.

These guides to polite behavior increased and multiplied in the generations that followed. In the seventeenth century there were few, if any manuals of the domestic arts, which did not

address themselves to this subject; "The Accomplished Lady's Rich Closet of Rarities" or, "Ingenious Gentlewoman's Delightful Companion" (1653), devoted itself particularly to feminine deportment. "A Gentlewoman" it says, "being at table, abroad or at home, must observe to keep her body straight, and lean not by any means with her elbows, nor by ravenous gesture discover a voracious appetite; talk not when you have meat in your mouth, and do not smack like a *Pig*, nor venture to eat *Spoonmeat* so hot that the tears stand in your eyes, which is as unseemly as the *Gentlewoman* who pretended to have as little a *stomach* as she had a *mouth*, and therefore would not swallow her peas by spoonfulls, but took them one by one, and cut them in two before she would eat them. It is very unbecomely to drink so large a *draught* that your *Breath* is almost gone—and are forced to blow strongly to recover yourself—throwing down your *liquor* as into a *Funnel* is an action fitter for a juggler than a *Gentlewoman*; thus much for your observations in general; if I am defective as to particulars your own *prudence*, *discretion* and *curious observation* will supply."

"In carving at your own *Table*, distribute the best pieces first, and it will appear very comely and decent to use a fork; so touch no piece of meat without it."

This passage suggests an edifying picture of a possible seventeenth century dinner party, where the less well-instructed lady guests might be expected to indulge in "ravenous gestures", and to "blow hard," to recover themselves after throwing down their liquor.

One must give credit to the writer of these instructions for entertaining advanced opinions about the use of a fork. Tom Coryate, the Somersetshire Squire; who brought it back with him from Italy in the reign of James I., found the innovation very ill received. He was not only laughed at for his

affectation by his friends and satirized on the stage, but was denounced from the pulpit for his impiety in letting it be inferred that "God's comfortable creatures" were not worthy of being touched by human hands. It was long before such prejudices were sufficiently overcome for the use of the fork to become general.

In the "Rules of Civility", published in 1685, the author is particular in his insistence upon what is due to a "person of quality", should one have the fortune to be entertained at the table of such. "If a person of quality," he says, "desires you to help him with anything that is to be carved with a spoon, you must by no means make use of your own spoon, if you have eaten anything with it, but call for another, unless he sends his own spoon along with his plate, when there will be no occasion for yours. If we eat out of the dish, we must have a care of putting in our spoons before our superiors, or of eating out of any other part of the dish than that which is directly before us. Having served yourself with your spoon, you must remember to wipe it, and, indeed, as often as you use it; for some are so nice that they will not eat potage or anything of that nature in which you have put your spoon unwiped after you have put it into your mouth."

At dinners it was our ancestors' unsociable custom for women to sit at the upper end of the table and the men at the lower, and the author of "A Brief Character of the Low Countries under the States" (1652) commends the better practice of the Dutch in this respect:—"They sit not as we in England, men together and women first, but ever intermingled, with a man between, and instead of march-panes and such juncates, it's good manners, if any there be, to carry away a piece of apple-pie in your pocket."

Chesterfield, at a later time, found it necessary to impress upon his son many things, which it seems extra-

ordinary to us now-a-days should have needed to be mentioned. Johnson said that Chesterfield taught "the manners of a dancing master," but then Johnson was hardly qualified to pose as an authority on manners. His friends' affection might have been great enough to blind them to the appalling character of his table tricks, or perhaps they were less sensitive than we are. Now-a-days not the warmest appreciation of the great doctor's moral worth would be great enough to ensure him a whole-hearted welcome at any decent dinner-table.

Literary tastes have varied many times since the works of the earlier *Censores Morum* were produced, but it is a fact significant of the secret doubt about the perfect propriety of their manners, entertained by a large proportion of the community, that there is always a ready sale assured for a new book instructing people how to behave. We need no such elementary lessons now as those of Erasmus or of Chesterfield. People in polite circles have agreed so generally upon the fundamental canons of decent behavior, such as those which relate to the picking of teeth with a knife, etc., that it is unnecessary to insist upon their repetition. More subtle niceties engage the attention of our modern critics of manners. There is a "Member of the Aristocracy" who must have lost count of the number of editions produced in England of his or her book of etiquette. One lady, whose girlish gossip entertained us for more than a generation, has produced books on manners for both men and women, which is disturbing as it suggests the existence of separate standards for the sexes. Another lady concerned herself particularly with the "young person" in a book published some fifteen years or more ago. In these independent days it is probable that the young person would laugh to scorn the special rules and regulations laid down for

her guidance. At a great dinner, we are warned that a young girl is "not supposed" to eat cheese, savouries, mushrooms, small birds and certain kinds of game, but one wearies oneself in demanding reason for the prohibitions. Cheese may seem vulgar, but is there immodesty in mushrooms, and what are the game birds that overstep the bounds of strict propriety? Dr. Doran tells us that in the best circles of ancient Greece the thrush was esteemed so delectable a dish that it is forbidden to maidens on their probation, lest they should develop an unbecoming gourmandise. But when a girl married, the first privilege of her new dignity was the allowance of a couple of thrushes for her own eating at the wedding feast. It is possible that the late Victorian Convention about girls and small birds might be based upon Greek tradition?

Four hundred years ago Andrew Borde, the monk-physician of the sixteenth century, declared that the people of England were "Much more better than those of any other land, in many things, specially in manners and manhood," and without undue conceit it must be allowed that we of the Anglo-Saxon breed retain our supremacy in the matter of decent table behavior.

There is danger, however, lest in the sense of our superiority we lose sight of the fact that the etiquette of the dinner table is very much a matter of custom and prejudice and so fail to make allowances for the existence of other standards than our own.

Theodore Child, a cosmopolitan diner-out said that British table manners are, if anything, too good; that the English are apt to sin from over-refinement; are afraid of their fingers and complicate their eating-tools unnecessarily, overloading their tables with a multiplicity of special apparatus. There is a measure of truth in the accusation, and the French, possibly, set a good example

in the general simplicity of their table appliances, yet there is a happy medium.

The saltspoon and the sugar-tongs are certainly beneficent inventions, and the fish-knife is not less so, but neither is always an absolute essential.

There is a story told of an afternoon tea on the piazza of the home of one of New York's leaders of the "Smart Set," at which a lady guest helped herself to sugar with her fingers, whereupon the hostess ordered the sugar basin to be removed and another brought; the other woman, indignant at the insult, hurled her cup and saucer over the balcony and departed in dudgeon. Like the hero of one of W. S. Gilbert's early ballads, these New York "Smart Setters" seem "remarkably exceeding for their affable ways and their easy breeding."

Child says about saltspoons that, "If your host has not invested any capital in them, help yourself to salt with the point of your knife, having previously

wiped it on the edge of your plate or on a bit of bread. Do not attempt to improvise a saltspoon with the handle of your fork or spoon. In countries where saltspoons are not held in honor, such an attempt would be esteemed a mark of ill-breeding."

Which remark brings one to the final conclusion that the best manners come from intuition and observation and are hardly to be learned from books. The man of the world adapts himself to his surroundings, and while maintaining his own standard of behavior, studies the higher courtesy of appearing to believe other people to be as well bred as himself. As a practice, one would not defend the drinking of the contents of the finger-bowl, yet the legendary colonel, who swallowed his at the mess-table to countenance the officer newly risen from the ranks, who had, in his ignorance thus committed himself, supplies an everlasting object lesson in the highest good manners.

Christmas Decorations for Tree and Table

By May Belle Brooks

ONE doesn't seek for novelty in ways and means to adorn the house at Christmas time. It is enough to merely sniff the piny odors once more and to behold the cheerful red and green of the holly boughs. Sufficient unto itself is the spectacular tree, laden with tinsel and color. With holly wreaths at the windows and the mantel decked out in green and, yes, the mistletoe under the chandelier, Christmas is new to us every year.

To further steep oneself in the Christmas feeling, lay a small pillow of pine or balsam needles on the radiator and, if boughs are plentiful, throw some on the open fire to greet each visitor.

If the room is large and more color is wanted, big red or green balloons will

prove a novelty that will delight the children almost as much as the tree itself. Tie them with threads to the branches of the tree and the balloons will rise upwards.

An inexpensive way to provide ornaments for the tree is to dip various odd forms, that have some attractive outline and are capable of suspension, into melted paraffin and sprinkle with mica dust. The paraffin may be colored with cake coloring or dyes. Glass or ordinary corks, balls, nuts, small bottles of fancy shape, darning eggs, are samples of what may be worked up attractively by such a treatment.

In fact, paraffin is a very helpful friend to the hostess at any time. It may be used to hold the parts of the

centerpiece for the table in position where some support is necessary. I have used it to make flower holders to be used in shallow dishes. Melt and pour in a mold of the required size, and just before it hardens, punch it full of holes large enough to hold a flower stem. When cold, set the dish in hot water a second, then invert and turn out. Or, the paraffin may be poured directly into the dish to be used and perforated to hold the flowers erect. Another cheap substitute for the more expensive flower-holders is a pair of embroidery hoops, with a piece of coarse netting stretched between, laid over a bowl. Insert the flowers in the mesh and they will stay "put". Plaster of paris, also, makes convenient holders, as cold water affects neither it nor the paraffin.

Another place where the paraffin proves efficient, is in mending cracked vases or porous jars to render them waterproof. Melt it and pour into the vase, then turn it quickly on all sides to coat the whole interior, and the vase will be as serviceable as ever. It is also advisable to coat both inside and out of the tin containers in flower baskets, as that will prevent their rusting out, no matter how long the water is allowed to stand in them. A thin coat of shellac is also used for the above purposes.

In striving to make the Christmas flowers last as long as possible, one must remember that flowers require oxygen and, therefore, the use of wide-mouthed jars is preferable to those having a slender neck. Hence the popularity of the perforated flower-holder of Japanese origin, which makes possible the use of very shallow dishes for even long-stemmed flowers. One florist recommends, too, that in order to prolong their life, the upper part of the flowers be covered with a cloth so as not to steam them, while the stems are dipped into boiling water or even a hot flame, then plunged immediately into

cold water. Heavy, wooded stems should be split slightly by inserting a needle into the end before this treatment is given. It is a well-known fact that hot or warm water is more revivifying to wilted flowers or vegetables than cold. As the water is changed each day, cut off the softened ends of the stems.

The most artistic flower arrangement demands a certain irregularity, and this may be easily obtained by laying the flowers in a row and cutting the stems diagonally with a sharp knife. No two will then be of the same height and when placed in the vase they will fall into graceful positions.

A very Christmassy look may be given to the rooms by making cylinders of red or green paper to slip over all vases or jars used to hold flowers or other decorations. This is especially effective around the jars of holly branches and by its use common bottles or fruit jars may be brought into requisition.

A novel decoration consists of wide-mouthed bottles filled with water and flowers and some trailing vine that conceals most of the bottle, suspended from the chandelier by ribbons. A splendid scheme for gaining an artistic effect is to place the flowers in several glasses and set all in a wide dish, concealing the glasses with holly, smilax or other greenery. Another plan is to set graduated sizes of dishes within each other, each holding a different sized flower.

The centerpiece of the Christmas table is almost as absorbing in interest as the tree. A miniature tree loaded with tiny silk stockings of various hues, filled with bon-bons for favors, is a simple arrangement. A mirror, surrounded by mica-dusted cotton to simulate a snow bound lake with Santa Claus and a sleigh gliding over, it will delight every youngster. So will the miniature house with Santa and his pack climbing down the chimney. Or merely a toy or cardboard sleigh filed

with packages which may later be distributed for favors, will do. A little more unusual, especially for the children's table, might be a snow man built of cotton, with raisins for eyes, a strip of date for nose and mouth, a row of candied cherries down the front for buttons and a stick of red striped candy in one hand for a cane. These sticky substances will cling best to the cotton. A suitable cap may be fashioned of half an orange or grape-fruit shell having a crescent shaped section fastened to the front for a visor.

Another idea the children will applaud is to build a chimney of blocks of candy. Cream fudge, colored red, will answer the purpose. Then seat a row of tiny Santas astride the top all around it. After dinner the chimney may be wrecked. Or have a Christmas Maypole dance. Let the little Santas join hands around a Christmas tree, with a red or green ribbon reaching from each figure to the tree.

An old-fashioned cake-stand is a

great help in building up a snow mountain of cotton. Heap it up to a point, beginning at the tablecloth, and insert branches of cedar, here and there, on the sides and pinnacle to represent trees, and stand a little row of them about the base. Dust the twigs with flour to simulate snow.

Quite as effective as anything is a large cake neatly iced and decorated with red candies and pieces of citron, cut leaf-shape, to simulate a wreath of holly around the sides. Before pouring the batter into the pan, place a glass tumbler in the center. Leave it there to be filled with water and a bunch of flowers or a bouquet of holly or mistletoe.

Many hostesses are fond of having the ices, and as many of the other viands as possible, to match the flower used in the decorations, and, if the true Christmas colors of red and green be used, this should not be difficult for even an amateur entertainer to undertake.

Shall Wasteless Meals Be Tasteless?

By Sarah Dean Hoffman

AT the close of a lecture on "The Balanced Economical Meal," a woman said to me, "It is all very well to sit down and plan so many calories to a meal, but if the family will not eat it what are you going to do? It takes them much less time to unbalance it, than it does for me to get it balanced." The remark is one pertinent to the whole subject of meatless, wheatless, and wasteless days. Heretofore, we have depended for flavor largely upon meat and butter, having them in large quantities. If we realize the world shortage of meat—that in the United States, for instance, there are now 80,000,000 less cattle than in 1900,

while the population has increased 41,000,000, we can understand why even, considered aside from the foreign need, meat is advancing in price, and why we must either combine other foods with meat or substitute other flavors than meat in less tasty foods.

Flavor has not received sufficient attention in the use of left-overs. Back in college days our rebellious appetites sought vengeance in composing a parody on the proclivities of Mary's Little Lamb, so often did mutton appear in the dining-room, with the same unmistakable flavor, or lack of it. This might have been varied with mint or caper sauce for the roast, later escalooped

and made into croquettes, or rolled in crumbs and fried, instead of being served cold, sliced. A relatively small amount of meat serves to flavor a platter of rice, macaroni, a vegetable casserole or a pot-pie. A ham-bone will make savory a whole pot of split pea soup, while the water in which ham is cooked may be used to give zest to a macaroni loaf. A very small amount of ground meat combines with rice or macaroni to form croquettes. A chicken may be stretched to do service in more meals by cooking the breast separately in a casserole with celery and diced carrots, while the remainder does duty for a hearty dinner, if supplemented with hot biscuit and gravy.

If our cookery has fallen flat in the use of meat left-overs, it is certainly crude in the common use of other flavors (witness the French). Anyone who has eaten the real French dressing on a crispy lettuce heart will appreciate the subtle difference between that and the so-called French dressing; if one chances to have inside information, one learns that the French chef rubs the bowl with the desired flavor, generally with half an onion, before the salad oil ingredients are added. A dash of celery salt or curry improves chicken broth; lemon or ginger improves dried apples, pears or prunes.

How then shall we serve the much agitated meat and wheat substitutes; namely, corn meal, bran, oatmeal, hominy, soy beans, rice and macaroni, in such a way as to make the family relish them. For unless they do enjoy eating, the appetite is dulled and our plan for getting more nourishment for less money fails. Cornmeal in corn bread and spoon-bread may be accompanied by the tart apple flavor, as in baked apples and apple sauce, or with muffins scooped out and filled with apples baked in a brown sugar and cinnamon sauce or boiled cider syrup. Apricots may be used instead.

Broiled fresh tomatoes served with white sauce are delicious accompaniment to cornbread. Stewed tomatoes or cream of tomato soup go well with toasted and buttered johnny-cake. Tomato sauce may be served with corn meal and cheese croquettes. Prunes or raisins should be added to a steamed corn-meal pudding and a grating of nutmeg to the cream used for sauce. Corn-meal mush is more acceptable to the family if fried a golden brown and served with maple syrup than when served plain.

Dates, prunes or raisins may be used with oatmeal or hominy as a cereal. Left-over oatmeal, mixed with sliced boiled apples, molded and fried, then rolled in granulated sugar, may be served for lunch. The best uses I have found for bran are the bran muffins with molasses and steamed bran pudding served with hard sauce. Beans may be varied by using in a bean loaf with pimienta and onion or tomatoes flavoring. Rice and macaroni lend themselves to the same use. There are also several palatable rice or macaroni-and-cheese combinations. Cheese sauce or cheese and tomatoes may be added. Parsley, cloves and cayenne pepper give edge to these dishes. When cheese is combined with either rice or macaroni for croquettes, the crusty crumbs fried in deep fat furnish the meat flavor. If plain rice is used, a salad such as water cress or lettuce with French dressing and Roquefort cheese coaxes the lagging appetite.

In rendering any of these foods palatable the question of color combinations and form in serving should be considered. An appeal to the eye "Makes the mouth water" in advance of the appeal to the palate.

In serving cream of corn soup a few kernels of crisp pop corn in the center furnishes just this appeal, while with so plain a food as bean loaf a few sprigs of fresh parsley and tomato sauce give life and color.

The Loaf of Bread

By Rose Koogle

THE housewives of our land may find food for thought in the following editorial which appeared in a late Boston daily:

"Apropos of the present lively discussion regarding the abolishment in the United States of the 5-cent loaf of bread, a representative of the National Housewives League is quoted as saying that, as a last resort, the housewife can depend upon her own oven. No doubt there are many households that would welcome such a change, even tho' the man of the house may feel a little dubious, at the outset, as to the results of the experiment. But why should he feel thus when he is paying taxes to have his daughter instructed in cooking in the public schools? If this instruction does not include the baking of good home-made bread, then, perhaps, it is time the men of the country rose up and asked the reason why."

The passing of the 5-cent loaf of bread has come to numbers of cities throughout our land, and is sure to come to many more, or all, if food prices continue to rise, but why, "as a last resort," call upon the housewife to "depend upon her own oven." The homemaker should be the first to be called upon in regard to all food problems. If she is not, wherein lies the trouble?

Breadmaking, as well as various other household tasks, has been looked upon awry by many housekeepers. The care necessary to insure good results, as well as the fear of the results, have occasioned the prevalent indifference in home-baking, and brought to the bake-shop its present popularity, despite the fact that home-baking is a saving. The scientific side of bread-making must be understood before "the results of the experiment will

prove a success." Reason plus effort must be followed very judiciously before perfection is reached. American woman can reason, they are capable of effort, surely everyone of them can learn to bake a nutritious, palatable loaf of bread.

It has been said that educational growth is denied the woman who performs all such tasks in the home. Efficiency and wisdom will make a choice in the tasks to be carried on in the home, giving time for self-culture as well as bread-making. Many women of our land give some of their time to civic and educational affairs, yet they find time to bake their own bread. The home-kitchen is the place where food for the family should be prepared, if for no other reason than the extreme pleasure it gives the inmates of the home to eat grandmother's or Mary's rolls and other good things.

The girls in many of our schools have the chance to learn to make a nutritious, palatable loaf of bread, and many are availing themselves of this chance. It is the girl from the home that co-operates with the domestic science department who is reaping the benefits derived from the teaching of cookery. The mother who cannot "be bothered" must not expect her daughter to learn all there is to know about breadmaking in two lessons, if she does not put into practise at home what she has been taught at school.

If there is no daughter in the household to inspire breadmaking, the many home journals of the day often give exact rules for breadmaking, also numerous texts on the cooking of all foods may be found in our book shops: these plus the desire to learn will prove helpful to those who have failed in their home-baking. It is needless to

say that the indifferent woman, or the woman who "hates" cooking will not prove a successful breadmaker: a desire to understand as well as a spirit of stick-to-it-iveness are the pre-requisites in all successful cooking. Let us

cease "kicking against the pricks;" right about face and prove that the 20th century homemakers will welcome any necessary change thus helping to solve any economic problem that may present itself.

The Naughtiness of Superfluity

By George Leonard Chaney, in *The Christian Register*

A TEXT is very like a stocking. It goes on better if you turn it inside out. Thus the judicious James in his counsel to the early Church to lay aside one thing and another includes superfluous naughtiness, as if he recognized the practical necessity of a certain amount of contrariness in a childish world, but would fain keep it within reasonable limits. It is like the sensible apostle to counsel moderation in all things, especially in naughtiness. *Meden agan*: Nothing too much, is his common-sense motto. Foolishness within bounds, if you must, but not too much foolishness. There ought to be a gospel that would save us from our follies as well as from our sins, but there is not.

We do not feel that we are doing any violence to our text, James i. 21, therefore, if we reverse its form and preach the folly of too-muchness. It is the bane of modern civilization. A cow and an apple-tree, as a pithy friend of my youth used to put it, are all a man needs. Why seek for more? Or, as I have heard, in earlier days, of a family who were said to live on a crab and a carrot. Without taking stock at par with either of these economists, I am moved to invest a little ink and paper in advocating economy, as a counsel of prudence if not of perfection in these needy days. Assured as we are by high authorities that fundamentally the bloody wrestling of the nations is just an economic bout, England and Germany, for example, battling for eco-

nomie superiority, we begin to learn that economy is a bigger business than simply saving so much on a dinner or a suit of clothes. Economy is the science of world-housekeeping; national agreement to live and let live in a racing and competitive world. Ultimately the world falls into the pocket of the man who can live on rice, if need be, and work more than eight hours a day. *Ave China! Vale America!*

How difficult it is for a preacher, to the manner disciplined, to content himself with his horizon and not go voyaging into space! I set out to write a paragraph or two on the moral blemish of excess in living, and here I am compassing the earth and on the point of exploiting the universe for illustrations of my humble theme. As if everybody did not know that nothing is lost in Nature's kitchen, and that man's chief hold on immortality, to say nothing of his grip on this life, depends on the parsimony of his Creator!

"One-third of what a man eats nourishes him," says Flammarion; "the other two-thirds he eats at his peril." If the war does no other service to the world, it may backen that childish superfluity in eating and drinking, that satiety of sweets, that social rivalry in costly living, that broadening of the religious phylacteries, that greed for business profits which invites and justifies surtaxes, and, above all, that superman who is proving himself such a subter-devil.

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THE cost of postage and mailing has become a matter of grave and foremost importance to publishers.

In regard to *manuscript* sent to AMERICAN COOKERY, postage must be enclosed in case the return of unused copy is called for. Otherwise unused copy cannot be returned.

All letters sent to Queries and Answers Department of this magazine, requesting a reply, should carry a *properly addressed and stamped envelope* to insure an answer. In both these cases

the *addressed and stamped envelope* is the safest and most satisfactory method of procedure.

We are coming to realize, all around the earth, that in war times, as in times of peace, the great public is called upon to pay the taxes. Are they not, also, our own, self-imposed taxes?

THE LAND OF THE FREE

WE are all anxious to do our bit of service for the independence and "freedom of our own beloved land"; certainly everybody is willing to do his very best. Women are quite as earnest and zealous as men in trying to devise ways and means to economize at home, and, thus, to provide the needful supplies of every kind for our men in camp and field, also for our allies abroad.

May it not be wise, however, though working earnestly, to keep calm and cool so as to conserve the health and strength of those within our homes as reserve forces for future exigencies? It is doubtless true that many a woman can render better service to the common weal in her own home than it were possible for her to do in the midst of the turmoil and confusion of outside activities. At any rate, let us, each and all, proceed earnestly and thoughtfully to work out our own respective domestic problems to the end that naught be wasted and no effort be made futile.

AMERICAN COOKERY is given up exclusively to the interests and concerns of those home-makers who wish to see that right and justice be victorious in this, the most consequential conflict of all time. Our purpose is one and the same. We want to be a medium of real, substantial helpfulness to our readers and patrons.

To achieve this more successfully, we want your kindly co-operation.

THE HOUR AND THE NEED

WE used to hear much about the staple products of life. Meat and potatoes, corn and beans seem to have been the leading staples of our ancestors,

the pioneers of the land. Are not these same items among the chief staples of today? Later on, in place of corn, wheat came to be much more extensively used as the staff of life, with a result, many think, more or less detrimental to the health and vigor of masses of the people. The teeth, for instance, of later generations are said to have greatly deteriorated.

Now our present variety in foods consists not so much in making use of new kinds of food as in manipulating the old kinds and presenting them in new forms; and thus it has come to pass that the different forms in which food products can be obtained and the countless variations that can be made in dietaries were never so great as at the present time. At the same time, the consumption of fruits and vegetables of all kinds has been constantly increasing.

Today the emergency of war has arisen, in which the great staples of life are in urgent demand. How can we prepare to meet this crisis is the question of the hour? We have simply to choose from our great variety of food-products the more simple and less expensive items and make a much larger use of the more perishable kinds of food, such as fish and game, milk, eggs and butter, and fruits and vegetables *ad libitum*.

In the case of sugar, so useful and needful to our men in camps and our allies abroad, and now somewhat scarce in the markets, why not fast for a little? For years we have been surfeited with sweets, until we have become a nation of candy-and-cake eaters. Would it not be conducive to both health and longevity to eliminate from our bills of fare, for a season, the excess of sugar we have been wont to consume? We think so. Surely, now the call has come to us, it will be the duty, as well as the privilege, of everybody to make this wholesome reduction and consequent saving in the line of our sugar supply. What more fitting time to begin than at the Christmas season, now so near?

A CHRISTMAS MESSAGE FROM THE U. S. FOOD ADMINISTRATION

I AM glad to send a message at this Christmas season to the women who have so loyally responded to the appeals of the Food Administration for the conservation of the staples that are needed to feed our soldiers and our Allies.

Every act of this war demands sacrifice from somebody, and those who have themselves made sacrifices have the right to demand lesser ones from other people. Our boys at the front, our Allies, who for three years have been fighting for our common cause, have made their supreme sacrifice. The lesser sacrifices are the duty and the privilege of those of us who must remain at home.

We have talked of America as a nation. We know that as a nation we are luxurious and wasteful; that we consume more food per capita than any other nation in the world. This is an undebatable fact.

But hundreds of thousands of individuals are not wasteful. They cannot eat less food without eating too little. Many of them cannot eat enough food, at war-time prices, because they cannot afford to buy it.

The Christmas message of the Food Administration, therefore, is addressed to two distinct groups: those who are following its councils and saving, out of their plenty, the food that in former times would have been wasted, and those who are apprehensive lest the cost of food should bring real hardship to their own households.

To the first group I extend my deep appreciation and that of my associates, and the most earnest appeal for the continuation of this vitally necessary effort.

To the second group I am glad to give a word of reassurance, even at this early date. In a country as large as this, and complicated by varying local conditions and laws, any regulation of prices sufficiently far-reaching to be felt in all

localities cannot be quickly effected. But it is comforting to know that two months after the Food Administration came into existence, an actual reduction of about five per cent had been made in the cost of living; and it is my conviction that, by the beginning of 1918, this figure will materially increase.

To both groups of loyal Americans—those who have plenty, and those to whom the purchase of their necessities is a difficult problem—I would like to say a final word. America is at war. The whole world is on rations. Our Allies are our brothers, fighting side by side with our own young men, for the same great cause. It is my belief that food will win the war; that our boys will come home to us much sooner if we provide food for all the fighters. Every bit of intelligence, ingenuity and patriotism we have must be devoted to the problem of feeding, not only Europe, but America; of sending to Europe what the ships can best carry, and of distributing among our own people the abundance that remains, at reasonable prices.

That is what the Food Administration is for, and every woman who reads this page is entitled to membership in the Food Administration, and thus to do her part toward the consummation of our aims.



FOLLY OF FOOD PANICS

Somebody, no one seems to know who or where or how, started a story that a shortage of salt was impending. The result has been a hysterical buying of salt by housewives through all this region. Some have laid in enough to last them for years. Some grocers have whispered to patrons that they would do well to stock up on salt. Others have tried to check the panic, but in vain. They have found themselves cleaned out, and so the whole process of distribution of this food essential has been upset by a silly rumor that started, nobody knows how. The rumor, whatever its origin,

was absolutely groundless. There is no salt shortage, and not the slightest prospect of one.

The sugar shortage is more than a rumor, but it is only a shortage, temporary at that, and not in any sense a famine. A multitude of housewives have been swept away by the hysteria of it. If it teaches a more sensible and patriotic use of sugar, in view of our obligations to Europe, well and good. But so far as it simply means buying beyond present needs, it is an unpardonable mistake.

And so with other kinds of food. There is nothing for the American people to get frightened over. There is, and will be, need of food conservation, but the worry over serious shortages, the hysterical rush to buy more than is needed, the utterly selfish hoarding and the passing along of rumors that are silly on their face are things that reflect scant credit on the American people. Last spring, when the United States entered the war, there were families that drew savings from banks to buy large stocks of food that in many cases have spoiled in cellars and pantries. It is a good time to show common-sense in food matters.—*The Boston Herald.*

Loyalty

And what is Loyalty? That magic word
By which our ties of friendship are made
sure,

Our patriotic feelings deeply stirred,
Our souls taught how to suffer and endure,
Our lives made sacrifices on demand

To honor, and protect from pending harm
Our sacred, cherished, blood-bought native
land—

The lack of which means perilous alarm!

It is the sacred impulse of the soul,
The inspiration of courageous deeds,
Of manly nobleness and worth—the goal,
That which defends all theories and creeds,
The test of Human Duty you and I
Unfailing must day by day apply!

Caroline Louise Sumner.



RYE BREAD

BARLEY NUT BREAD

Seasonable and Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

LIBERTY BREADS

Sponge Cornmeal Cake

Cream one tablespoonful of butter and beat in one-fourth a cup of sugar; beat one egg very light; beat into it one-fourth a cup of sugar, then beat the two mixtures together; add, alternately, one cup of milk and one cup, each, of cornmeal and wheat flour sifted with four teaspoonfuls of baking powder and half a teaspoonful of salt. Bake in a shallow pan about 20 minutes. This is good made with any variety of cornmeal, but is very delicate when made with bolted cornflour.

Cream Johnnycake

Sift together two cups cornmeal, half a cup wheat flour, half a teaspoonful salt and one teaspoonful soda. Beat two eggs; add one cup, each, of sour cream and sour milk and beat again. Stir the two mixtures together. Bake in a pan of such size as to have the mixture half an inch deep in the pan. Serve hot. This cuts into 16 pieces 3 by 3½ inches each. The recipe is easily halved.

Barley Baking-Powder Biscuit

Sift together one cup, each, of barley and wheat flour, four level teaspoonfuls of baking powder and half a teaspoonful of salt; work in two tablespoonfuls of shortening and mix to a dough with sweet milk; turn on to a floured board, knead slightly, pat and roll into a sheet, cut into rounds and bake in a quick oven.

Barley Nut Bread

Into a mixing bowl put one tablespoonful of shortening, half a teaspoonful of salt, two tablespoonfuls of molasses and from one-half to three-fourths a cup of Noisette nut meats (filberts); pour on one cup of scalded milk, and let cool to a lukewarm temperature. Add one-third (at night) or one whole (in morning) cake of compressed yeast, crumbled and mixed with one-fourth a cup of scalded-and-cooled milk; two cups of barley flour and nearly two cups of whole-wheat flour and mix to a dough. Knead the dough until it is smooth and

elastic, then cover and set aside to become light. When nearly doubled in bulk shape into a loaf, and when again light, bake about one hour.

Rye Bread

Use the same ingredients as for Barley Nut bread except omit the nuts, then use three cups of rye flour with enough wheat or whole-wheat flour to knead.

Spinach on Anchovy Toast

Make toast and spread it with anchovy paste in the usual way; upon this place well-cooked and chopped spinach, seasoned with red pepper, or tabasco sauce. Set hard-cooked eggs on top. Surround with a cream sauce.

Mackerel Broiled in Gas Oven

Heat a broiler, rub it over with fat

slices of carrot and cold water to cover. Let cook half an hour, then strain off the liquid. Rub over a flat piece of tin with fat; on it set one of the filets, seasoned with salt. Pour half a cup of cold water over the oysters. Take up an oyster to remove any shell that is present, dip in melted fat, then in cracker crumbs and set on the fish; repeat until the fish is covered; set a second filet of fish over the oysters, cover this with oysters as before; repeat having a filet of fish above the whole; set strips of pork above the fish; strain the oyster liquid into the fish broth; pour a little of the liquid around the fish. Let cook about 35 minutes. Remove the pork, sprinkle with cracker crumbs, mixed with butter, and return to the oven to brown the crumbs. Serve with a sauce made of the rest of the fish broth.



FLOUNDER AND OYSTER SANDWICH, READY FOR OVEN

salt pork and set the fish in the broiler in a dripping pan; cook under the flame on the flesh side about fifteen minutes; turn and cook the skin side about five minutes. Season with salt. Serve with quarters of lemon.

Flounder-and-Oyster Sandwich

To serve three or four people buy two flounders of a little more than a pound each. This will give four filets weighing one pound. Have the skin and bones sent with the filets of fish, also purchase half a pint of oysters. Put the fish trimmings over the fire with a few celery leaves, half an onion, sliced, and a few

Finnan Haddie Timbale

Pound one cup of finnan haddie and a raw egg with a wooden pestle (in a wooden bowl) to a smooth pulp, then with the pestle press the fish through a sieve or coarse strainer. Add half a teaspoonful, each, of salt and paprika to the mixture, fold in one egg, beaten light, and a cup of cream. The cream may be used with or without beating. Have a mold thoroughly rubbed over with fat; into this turn the prepared mixture, making it smooth on the top. Set the mold on many folds of paper in a baking dish, and pour in boiling water to half



FLOUNDER-AND-OYSTER SANDWICH, READY TO SERVE

the height of the mold. Let cook in the oven, without boiling the water, until the mixture is firm; unmold; garnish with a cold boiled egg cut in eight lengthwise pieces. Serve drawn butter sauce in a boat.

Vegetable Stew

(To serve four)

Scrape one or two carrots; pare a parsnip and cut it into rounds an inch thick; peel four medium-sized onions; pare four potatoes and cut them in lengthwise halves. Cook half a cup of macaroni, broken in inch lengths, until tender; skim from the water, rinse in cold water and drain again. In the water in which the macaroni was cooked, cook the onions; when nearly tender add the parsnips, potatoes and carrots, also more water, if needed, and let cook until all are tender. If at hand peel six or eight puff-balls or other edible mushrooms, cut them in slices and stir and cook in one or two tablespoonfuls of melted fat until colored a little; add a little water from the vegetables and let simmer very gently about five minutes; add the mushrooms to the saucepan of vegetables with a teaspoonful or more of salt, half a cup of thick tomato puree and half a teaspoonful of paprika. Dried mushrooms soaked in cold water may replace the fresh mushrooms. If neither be at hand, use one or two tablespoonfuls of mushroom catsup or Wor-

cestershire sauce. At the last, add the macaroni (or other paste). Sprinkle one-third a cup of grated cheese over the stew after it has been turned into the serving dish.

Chaufroid of Fresh Fish

Select a piece of fish in a solid piece (a thick cut from salmon, bluefish or halibut would be the choice in New England). Set the fish in a baking dish on a layer of sliced onion covered with a few thin strips of salt pork. Squeeze over it the juice of a lemon and let bake nearly an hour in a moderate oven, basting six or more times with a little fish stock. When baked remove the skin and let the fish chill thoroughly. If preferred, the fish may be steamed or boiled. Pour off the liquid in the baking dish; add to it any broth made from the fish trimmings. There should be about a cup and a half of broth. When the broth is cold, remove the fat; stir



FINNAN HADDIE TIMBALE

through the broth the crushed shell and slightly beaten white of an egg, with salt and pepper as needed, and set over the fire; stir constantly until it boils, then let settle and strain through a sieve set over a napkin wrung out of boiling water. Dissolve one-fourth a package of gelatine, softened in one-fourth a cup of the cooled liquid, in a dish of boiling water; let cool a little then beat into a cup of mayonnaise or Russian salad dressing. Spread this over the top of the chilled fish. Decorate with figures cut from truffle or cooked egg-white; parsley stems may be used with the truffles and

eight slices of carrot, and two or three outside stalks of celery, cut small. When lightly browned, add a pint of boiling water and let simmer until all browned material is removed from the pan. Turn the vegetables and liquid into an earthen casserole; in this set the partridge with a slice of fat pork above each, cover and let cook in the oven until the birds are tender, an hour or longer. In the meantime simmer celery stalks cut in half-inch pieces until tender. Remove the birds from the casserole. Press the liquid and vegetables through a sieve. Melt one-fourth a cup of



CHAUFROID OF FRESH FISH

fine chopped truffles or parsley on the edge. Dissolve one-fourth a package of gelatine softened in one-fourth a cup of cold water, in the rest of the clarified broth, and when beginning to set (use ice) turn it over the salad dressing and decoration to cover them completely. Serve with any green salad, or with peas or cucumbers, lettuce and French dressing.

Braised Partridge with Celery

Clean and truss two partridge. Cut fat salt pork in small bits and let cook slowly until the fat is drawn out. In this fat cook the partridge, turning as needed until lightly browned all over. Take out the birds, add a little more fat, if needed, and in this cook four small onions peeled, blanched and sliced,

butter; in it cook one-fourth a cup of flour and half a teaspoonful, each, of salt and black pepper; add one-fourth a cup of cream or liquid from the cooked celery and the strained material (of which there should be a pint or use more celery broth or cream) and stir until boiling. Set the partridge on two slices of barley bread, toasted; add the cooked celery to the sauce and pour around the birds. Cook pigeons in same way.

Stuffed Dates

Cover the dates with boiling water, stir with a silver-plated fork, then skim to colander; spread on agate plates, then set into the oven to dry off a little. Watch carefully and remove after one or two minutes, open on one side, remove the seed, fill its place with a blanched

almond, browned in the oven, or with a piece of candied ginger, half a marsh-mallow or one-fourth an English walnut-meat; press the date over the filling, then roll in granulated sugar.

Savory Rice with Cheese

Prepare half a cup of rice as for savory rice with sausage; add a chili pepper, chopped fine, and half a cup of grated cheese in the place of the sausage.

Sea Foam Gooseberry Pie (E. C. L.)

Two large teacups gooseberries, (either freshly stewed, or canned)

The well-beaten yolks two fresh eggs

Two small teacups white sugar

Two tablespoonfuls corn starch

Stir all together thoroughly, and pour into a pie plate lined with puff-paste. Bake in rather a hot oven. Beat well the two whites, and add four tablespoonfuls of confectioner's sugar. Spread this over the pie, and brown slowly. Serve cool, but not really cold.

Sunshine Cake (A. C. H.)

Boil one cup and a fourth of sugar and five tablespoonfuls of boiling water until the mixture threads from the spoon, (wash down and cover as in making boiled frosting). Beat the whites of five eggs until foamy; add half a teaspoonful of cream-of-tartar and beat until stiff; gradually beat in the syrup and continue beating until cool. Beat



PARTRIDGE

the yolks of six eggs until thick and light-colored and fold into the first mixture with one teaspoonful of vanilla; fold in half a cup of potato flour. Bake in a tube pan, in a slow oven, 50 minutes. Let cool in the inverted pan.

Emerson Salad (J. D. C.)

This salad is a combination of fine shredded cabbage, shredded cocoanut, and sliced almonds.

Use a mayonnaise over it with dashes of paprika. Decorate with slices of green peppers if liked. Serve with or without crisp hearts of lettuce.



BRAISED PARTRIDGE WITH CELERY



A GROUP OF TIMELY SWEETS

WAR-TIME CAKES AND CANDIES

Maple Syrup Cake

Beat half a cup of shortening to a cream; beat in half a cup of granulated sugar, one cup of maple syrup, and two eggs, well beaten; then add, alternately, two cups of wheat flour, a scant half-cup of barley flour, two (level) teaspoonfuls of baking powder, three-fourths a teaspoonful of soda and half a teaspoonful of ginger, sifted together, and half a cup of hot water. Bake in a pan about 10½ by 7 inches about thirty-five minutes. When cold, invert and cover the surface with maple icing and decorate with halves of nut meats.

Maple Frosting

Boil one cup and a fourth of maple syrup and two tablespoonfuls of Karo

corn syrup to 240° F. or to the soft-ball stage. Pour in a fine stream on the whites of two eggs, beating constantly meanwhile; beat occasionally until cold. If the frosting does not hold its shape, set the bowl in a double boiler (over boiling water) and keep moving it from the bottom until it thickens perceptibly. Leave it rough on the cake.

Christmas Fruit Cocoa Cakes

½ cup shortening	3 level tablespoonfuls
1 cup sifted brown sugar	barley flour, corn-flour or bolted corn-meal.
¼ cup cocoa	1 teaspoonful cinnamon
1 cup dried fruit	¼ teaspoonful clove
3 eggs, beaten light	½ teaspoonful salt
½ cup water	3 teaspoonfuls baking powder
1 cup wheat flour	

Beat the shortening to a cream; gradually beat in the cocoa, then the fruit.



MAPLE SYRUP CAKE, MAPLE FROSTING WITH NUTS

Use currants, raisins or citron or a mixture of them. Raisins should be seeded, and if large cut in two or three pieces, each. Add the beaten eggs and, alternately, the water and dry ingredients sifted together. Bake in one dozen small tins. Cover with frosting made of maple syrup or brown sugar and decorate with red candies and bits of angelica or citron.

Honey Cookies

1 cup honey	$\frac{1}{2}$ teaspoonful ground
$\frac{1}{4}$ cup shortening	cinnamon
$\frac{1}{3}$ cup almonds, cut in pieces	$\frac{1}{4}$ teaspoonful ground
$2\frac{1}{4}$ cups wheat flour	cloves
1 cup barley flour	$\frac{1}{2}$ teaspoonful ground
Grated rind 1 lemon	cardamon seed
	2 teaspoonfuls baking powder

Cook the honey and butter together about five minutes; add all the other ingredients, except the baking powder, and mix thoroughly. When cooled somewhat, sift in the baking powder and mix again. Let stand over night. Roll thin and cut into cakes three by two inches; set into baking pans, place half an almond in each corner, pointed end toward the center, and a piece of citron in the center. Bake to an amber color. These are hard cakes, but may be made soft by storing in a covered earthen jar with a damp cloth under the cover.

Honey Cakes

Heat three-fourths a cup of white



STEAMED CARROT PUDDING

clover honey and one-fourth a cup of New Orleans molasses to the boiling point. Add one-fourth a cup of shortening, and, when cooled to a lukewarm temperature, stir in two cups of sifted flour or one cup of wheat flour and three-fourths a cup of barley flour. Let stand over night; beat in the grated yellow rind of a lemon, two tablespoonfuls of lemon juice, two ounces of blanched almonds, chopped fine, and half a teaspoonful of soda dissolved in a tablespoonful of cold water. Bake in small drum-shaped tins (the recipe makes 15). Boil one cup of sugar and one-half cup of water five minutes; beat until chilled a little and spread over the cakes.

Steamed Carrot Pudding

(Christmas Plum)

Chop, fine, one pound of suet, and



CHRISTMAS FRUIT COCOA CAKES



MAPLE NUT CREAMS, MAPLE BONBONS, HAWLEY'S MOLASSES CANDY

grate enough scraped carrots to make one pound of pulp. Mix the suet with half a pound, each, of raisins and currants, one-fourth a pound of citron, cut in slices, or candied orange peel, grated; then add the carrot, a cup of maple sugar, three-fourths a tea cup, each, of wheat and barley flour, sifted again with one teaspoonful, each, of salt, cinnamon, and nutmeg, and one-half a teaspoonful of cloves, and mix all together thoroughly. Steam in a mold three hours and a half. The water must not stop boiling during the cooking. Serve with hard sauce.

Maple Syrup Sauce

Boil half a cup of maple sugar and one tablespoonful of corn syrup to quite a

thick syrup, not quite to the soft-ball degree. Pour in a fine stream on the white of an egg beaten very light, beating constantly meanwhile. Let cool a little, then beat in half a cup of cream beaten very light, or use the same quantity of top milk without beating.

Maple Syrup Rice Pudding

Blanch one-third a cup of rice and turn into a pudding dish; add three-fourths a teaspoonful of salt, half a cup of maple syrup and three cups of milk. Let cook in a slow oven an hour or longer. When done the rice should be tender and the milk thickened somewhat. Stir several times during the first of the cooking.



HOLIDAY GINGER SNAPS

Holiday Ginger Snaps

1 cup shortening	1 tablespoonful yellow
1 cup brown sugar	ginger
1 cup molasses	$\frac{1}{4}$ teaspoonful salt
Grated rind 1 orange	1 teaspoonful soda
1 egg, beaten light	Flour for dough

Boil the butter, sugar, and molasses six minutes after boiling begins. When cooled to lukewarm, add the orange rind, egg, and flour sifted with the ginger, salt, and soda (crushed and sifted). Roll the dough into a thin sheet. Cut out one shape and bake it; if the mixture spreads in the least while baking, add a tablespoonful of water and mix thoroughly; add more flour if needed and roll again. Cut as desired; bake to a delicate brown. The dough is easily handled. When baked and cold, pipe with ornamental frosting as desired.

Maple Fondant

Put two cups of maple syrup, one cup and three-fourths of granulated sugar and three-fourths a cup of boiling water over the fire. Stir until the sugar is dissolved; with the tips of the fingers, wet repeatedly in cold water, wash down the inside of the saucepan, cover and let cook rapidly three minutes, watching meanwhile lest it boil over. Uncover and let cook to the soft-ball stage (238° F.). Wipe over a large platter with a damp cloth and on it pour the syrup. Pour quickly and avoid letting the last of the syrup drip on the platter. Let stand (lifted on a cake cooler) until cooled somewhat, then with a wooden spatula or butter "hand" scrape and turn the syrup from the ends to the center. Keep the platter scraped clean of syrup and the whole in one mass. When creamy, light in color, and beginning to stiffen, knead with the hands until smooth. It will soon be too hard to handle. Scrape all into the center of the platter; cover with a cloth wrung out of cold water and let stand half an hour. Cut in pieces and pack smoothly (sometimes it has to be kneaded) in a glass or earthen dish; cover with a damp

cloth, which does not touch the candy, and let stand over night.

Maple Nut Creams

Set the fondant in a double boiler over hot water; add a few drops of boiling water and beat until melted; drop from a teaspoon on table oilcloth to make small rounds. Set half an English walnut above.

Maple Fondant Bonbons

Drop centers, one at a time, into the fondant, cover with fondant, lift, and drop on table oilcloth.

Centers for Maple Bonbons

Take the white of a very small egg (or use half the white of a large egg); add nearly the same quantity of cold water and such flavoring as is desired, then beat in sifted confectioner's sugar to make a soft paste; add half a cup of nut-meats, broken in small pieces. Have ready small bits of maraschino cherry, figs, dates, or candied fruit; around these press some of the nut mixture and roll into small balls; use confectioner's sugar in shaping the balls. Use but little paste, just enough to hold the nuts and fruit together.

Hawley's Molasses Candy

Boil one cup and a half of molasses and one-third a cup of brown sugar to about 250° F. (hard ball or brittle when tested in cold water); add two tablespoonfuls of butter and stir and boil to about 260° F., then stir in one-half a teaspoonful of soda dissolved in half a tablespoonful of water; stir until the frothing ceases, then pour into a buttered pan. Pull over a hook until light colored, then cut in small pieces with a pair of scissors.

Peanut Brittle

Boil one cup and a half of granulated sugar, half a cup of Karo and two-thirds a cup of water to about 270° F., or until brittle in cold water; add two table-

(Continued on page 369)

Well-Balanced Menus for Week in December

TWO MEATLESS DAYS, WAR BREADS AND CAKES

In food for the table it is not the amount of money spent, but the sort of material purchased and the way it is treated which determines the effectiveness of the expenditure.—ELLEN RICHARDS.

SUNDAY	Breakfast Baltimore Soup, Thin Cream Maple Syrup Small Sausage Cakes Potatoes Cooked in Milk Buckwheat Griddle Cakes Coffee or Cocoa	Breakfast Oatmeal, Hot Dates, Top Milk Fish-and-Potato Hash Tomato Catsup Rye Bread Potato Doughnuts Coffee or Cocoa	WEDNESDAY
	Dinner Fricassée of Chicken Virginia Spoon Corn Bread Cranberry Sauce Baked Squash Celery Carrot Plum Pudding Hard Sauce	Luncheon Cream of Dried Lima Bean Soup Cheese Croutons Cold Spinach, Sauce Tartare Maple Syrup Cake Stewed Prunes	
	Supper Potato Salad Sardines or Smoked Herring Yeast Ryemeal Biscuit (reheated) Canned Fruit Honey Cakes Tea	Dinner Roast Chicken Sweet Potatoes, Baked, with Maple Syrup Celery Hearts Mashed Turnips Frozen Apricots Oatmeal Macaroons	
MONDAY	Breakfast Bran with Corn Flakes, Top Milk Salt Mackerel in Milk White Hashed Potatoes Baking Powder Biscuit (Half cornmeal or barley) Baked Apples Coffee or Cocoa	Breakfast Cornmeal Mush, Top Milk Thin Slices Fat Salt Pork, Floured and Fried (Barley flour or Cornmeal) Fried Apples Potatoes Cooked in Milk Barley Meal Muffins Coffee or Cocoa	THURSDAY
	Luncheon Chicken and Rice Croquettes Boiled Cabbage Baking Powder Biscuit, Toasted Baked Tapioca Pudding, Nutmeg Sauce	Luncheon Chicken Gumbo Soup, Oysterettes (Remnants of roast chicken) Lettuce and Canned Asparagus Vinaigrette Sauce Yeast Ryemeal Rolls	
	Dinner Spare Ribs of Pork, Roasted Mashed Potatoes Squash Cider Apple Sauce or Baked Bananas Toasted Graham Crackers Cottage Cheese Honey in Comb Tea	Dinner Small Rib Roast of Beef Franconia Potatoes Squash Lettuce, French Dressing Coffee Jelly, English Cream	
TUESDAY	Breakfast Cream of Wheat, Top Milk Stewed Figs Broiled Honeycomb Tripe Potatoes Hashed with Onion Teco Griddle Cakes Coffee or Cocoa	Breakfast Cream of Wheat, Top Milk Finnan Haddie Balls, Piccalilli Barley Muffins (reheated) Cinnamon Toast (Raisin Wholewheat Bread) Coffee or Cocoa	FRIDAY
	Luncheon Tomato Soup, Educator Crackers Cold Spare Ribs of Pork Baked Potatoes Blushing Apples, Orange Sauce	Luncheon Cheese Souffle or Pudding Celery, Apple-and-Date Salad, French Dressing Oatmeal Bread Gingercakes Tea	
	Dinner Fresh Fish and Oyster Sandwich Potato Balls with Parsley Drawn Butter Sauce Cold Boiled Cabbage, French Dressing Barley or Rye Bread Chocolate Nesnah	Dinner Cream of Celery or Spinach Soup Broiled Fresh Fish, Maitre d'Hotel Butter Mashed Potatoes Philadelphia Relish Scalloped Tomatoes Squash Pie Cream Cheese	
SATURDAY	Breakfast Puffed Rice, Sliced Bananas, Top Milk Potatoes Hashed with Onions Sauté Boston Brown Bread (reheated) Waffles, Karo Syrup Coffee or Cocoa	Luncheon Canned Corn Custard Quick Yeast Rolls (Graham) Lettuce, French Dressing Baked Indian Pudding	
		Dinner Cold Roast Ribs of Beef Scalloped Potatoes Cauliflower, Cream Sauce Canned Raspberry or Loganberry Roll Tea	

Menus for Week in December, Family of Two

(WELL-BALANCED AND ECONOMICAL)

TWO MEATLESS DAYS

SUNDAY	Breakfast Oatmeal, Sliced Bananas, Top Milk Boston Brown Bread, Butter (Sliced and reheated in covered dish) Dry Toast Coffee or Cocoa Dinner Grapes Broiled Hamburg Steak (½ lb. top round) Baked Sweet Potatoes Celery Hearts Small Pumpkin Pie Supper Creamed Celery au gratin Rye Bread and Butter Ginger Snaps Tea	Breakfast Cornmeal Mush, Top Milk Sausage. Baked Apples (reheated) Mashed Potato Cakes, Baked Buckwheat Griddle Cakes Coffee Luncheon Cold Boiled Tongue, Sliced Thin Spinach Small Baked Potato Baking Powder Biscuit, Split and Toasted Tapioca Custard Ginger Snaps Tea Dinner Fowl, Stewed Macaroni with Sauce and Sliced Sausage Baked Sweet Potatoes Celery Hearts Home-made Pickles Baked Bananas, Sultana Sauce	WEDNESDAY	
	Breakfast Hot Dates, Cream of Wheat, Top Milk Small Baked Potatoes, Butter Teco Griddle Cakes Honey Syrup of Orange Marmalade Coffee Luncheon Dried Lima Beans, Stewed Boston Brown Bread (reheated) Cottage or Young America Cheese Bread Pudding with Raisins Tea Dinner Fore Quarter Lamb, Steamed (3 lbs. best half) Boiled Potatoes Boiled Parsnips (1 large) Canned Beets (hot) Apples Baked with Almonds Sugar, Milk	Breakfast Barley Crystals with Bran Flakes, Top Milk Moist Potato-and-Chicken Giblet Hash Fried Cornmeal Mush, Molasses Coffee or Cocoa Luncheon Cream of Celery Soup (Chicken broth, outside stalks) Sliced Tongue, with Cold Spinach, Sauce Tartare Rye Bread Dinner Broiled Honeycomb Tripe Creamed Potatoes Mashed Turnips Cottage Pudding, Chocolate Sauce	THURSDAY	
	Breakfast Corn Puffs, Top Milk Bacon, Fried Bananas Potatoes Cooked in Milk Barley Muffins Coffee or Cocoa Luncheon Cream of Lima Bean Soup (1 small onion, left over beans, parsley leaves) Potato Salad, Canned Beet Garnish Smoked Herring Baking Powder Biscuit (¾ Wheat and ¼ Corn flour) Canned Fruit Dinner Tomato Soup (Lamb broth and ½ can tomato soup) Broiled Fresh Fish Mashed Potatoes Pickled Beets Toasted Crackers Peanut Butter Dates	Breakfast Stewed Figs, Puffed Rice, Top Milk Creamed Salt Codfish, Baked Potatoes (small) Spider Corncake Coffee or Cocoa Luncheon Sausage, Baked (Rest of pound) Baked Sweet Potatoes Cabbage Salad Cubes of Cottage Pudding with Hot Stewed Figs Dinner Fowl, Sautéd Mashed Potato Squash Cranberry Sauce Oatmeal Bread Baked Indian Pudding, Hard Sauce	FRIDAY	
TUESDAY				
SATURDAY	Breakfast Raisins Cooked in Cream of Wheat, Top Milk Cold Tongue and Potato Hash, Browned Oatmeal Bread, Toasted Teco Griddle Cakes, Karo Syrup Coffee or Cocoa	Luncheon Oysters Fried in Batter (½ pint) Lettuce Cream Johnnycake Stewed Prunes	Dinner Creamed Fowl on Toast Boiled Onions Cranberry Sauce Cottage Pudding, Fruit Juice Sauce	



Suggestions for Conservation of Transportable Food

By Janet M. Hill

BUY buttermilk for use in Boston brown bread, cornmeal and barley muffins, doughnuts, gingerbread, etc. Use soda to sweeten (half a teaspoonful to a cup), then add baking powder with the dry ingredients. Use as many level teaspoonfuls of baking powder as cups of flour.

Once a week have quick buckwheat griddle cakes. Allow one cup of water and one-fourth a cup of milk (or water) for each cup of buckwheat. A scant half teaspoonful of salt and three level teaspoonfuls of baking powder complete the list of ingredients. Do not mix the batter until ready to bake the cakes. Send them as baked to the table. Do not pile them one above another on the plate, which, of course, should be hot. A little milk results in cakes readily browned in baking; too much milk detracts from the lightness of the finished product. More baking powder is needed than with white flour.

We may conserve transportable food for the starving world and at the same time secure an advisable variety in our own food-supply by making a more generous use of fresh and salted fish. So great is the variety of fish and so many are the attractive ways in which it may be presented on the table, that people living inland are justly envious of their more fortunate neighbors on the seacoasts.

Flounder sells for ten cents a pound; as there is considerable waste, the cost, when dressed ready for cooking, is approximately twenty cents per pound; but every particle of the fish cooked and sent to the table is edible. Flounder is of fine grain and delicate texture and may be broiled, sautéd, fried in deep fat, baked, cooked en casserole and in chowder.

Finnan Haddie put up in tin or glass, salt mackerel and salmon may be had anywhere.

To vary the flavor of fish, change the seasoning often. Tomato, onion, parsley, celery, carrots, bitter almonds, fresh or dried mushrooms, a tiny bit of bay leaf, anchovy paste or essence, sweet basil, poultry seasoning and lemon juice are among the flavors from which one may select when cooking fish.

In the country a fresh tongue (beef, mutton or pig) is often available at a very moderate price. This may be cooked fresh or may be pickled. Measure the quantity of cold water needed to cover the tongue. For each quart of water needed, allow one cup of salt, two tablespoonfuls of brown sugar and a small piece (one-fourth an ounce) of saltpetre. Rub part of the salt and sugar into the meat, dissolve the rest in the water and pour over the tongue; set a weight on the meat to keep it under the brine. Cover and let stand in a cool place three or four days. The saltpetre may be omitted.

While chicken gumbo is usually made with the whole fowl, a most excellent gumbo may be made with the remnants of a roast fowl. Canned or evaporated

okra may be used in place of the fresh vegetable. Boiled rice is often passed in a vegetable dish, or it may be cooked in the soup. Onions and tomatoes are the other essentials.

To conserve sugar, if to your family cake means frosting, put less sugar and maple syrup in the body of the cake, and use part corn syrup with maple syrup in the frosting. The maple syrup cake given in this number is recommended. Other good cake recipes are given in which but little sugar or wheat flour is used.

Serve cereals with dates, figs and raisins, and thus cut out any excuse for cane sugar.

This is the season for apples, both raw and cooked. For "Twenty Ways of Serving Apples," see back of the frontispiece in October number of the magazine. On the same page will be found twenty ways of serving canned salmon.

Ham, shoulder and bacon are the pork products exported, and desired for camp use in this country, a *moderate use* of other portions of the pig may be indulged in when desired without feelings of compunction.

WOMAN'S SPECIAL PART

WE have not as yet come to comprehend quite as fully as we ought the necessity of food conservation. We fail to realize the extent of the shortage in the world's food-supply. We fail to realize that vast armies of men in the trenches, in prison camps, on ship board and training camps are no longer engaged in productive pursuits, but they must be fed and well fed. The seat of courage is the stomach; if men must fight, they must be fed properly. The experts tell us that there is food in abundance, but we must not all elect to eat certain foods to the exclusion of all others. The shortage of food is in those staples that are commonly used by all nationalities, beef and pork products, fats, wheat and sugar. It should be no hardship to any normal individual to eat less freely of these products and use perishable products more generously, nor would such a course be detrimental to the health of any one. If we think of the starving children across the sea, we will waste nothing. When we eat bread in which barley, rye or cornmeal is given a place, the thought that by so doing we are making it easy by just so much to feed the men at the front, we will eat the bread with an added pleasure. But why should we consider ourselves

virtuous for so doing? If we have not learned to eat these breads, our education in this line has been sadly neglected. For twenty-two years the readers of this magazine have been urged to secure needed variety in their diet by variations in their bread supply. (A loaf of barley bread was shown in an illustration in Vol. V.) Coarse breads are not only palatable but wholesome, and there is nothing more inviting and nutritious than the quickly made corn-breads in which eggs and milk are used. In cutting down on meats, the loss in nutritive value is largely made good in the eggs and milk of the corn bread, for, in considering the caloric value of food, account must be taken of each portion of egg and milk that is eaten as a component part of a dish just as much as of the whole egg, cooked in the shell, or the milk drunk from the glass. It should be evident to each housekeeper that such breads, no matter how much they are relished, can not be prepared to any extent for an army at the front, and our allies in France have no knowledge of the uses of cornmeal, nor have they appliances for baking such breads in their private kitchens.

Most of us have been accustomed to eat cake, pastry and other sweets too freely; it will be to our advantage to

cut down the quantity of these things. Then, too, the quality of the sweets we allow ourselves will not be impaired in the least, if for granulated sugar we substitute maple syrup or sugar, honey, corn syrup and the sweet fruits, raisins, figs and dates.

The Government will commend all those who seek to add to their own food supply by caring for a cow, pig or fowls. The food available from these

sources will liberate a commensurate amount for use over the sea. It would be the part of wisdom to study, in review, the thrifty ways of our New England ancestry. Each, as far as in him lies, should provide for the sustenance of the family from the farm, the garden and the family kitchen. The kitchen stove rather than the card-table should be given our chief attention. The need is evident and urgent.

Beef Suet and Bacon Dripping in Home Cooking

By Aldis Dunbar

ABOUT five children out of every six will be found to have strong objections to the eating of any fat, unless it be in the form of cream or butter. It is not a thing unknown for many of their elders to share the same little prejudice; and as such aversions are apt to take on extra strength in case of poor health, it is not always the easiest thing for the house-mother to contrive methods of coaxing down the prescribed amount of fat, when the family doctor has recommended it as a means of building up the health.

In such cases, the serving of fat meat, in the faint hope that a little may be eaten, seldom produces the desired result, and, in the case of children, often ends in loud wails and protests. Yet there is a way by which they can be actually tempted by it, and that is in the form of puddings and "crusts," where finely powdered or chopped beef or veal suet is used for shortening in place of butter, lard, or their substitutes. English children are accustomed to simple suet puddings, as part of their regular diet, and when well made, there is nothing more wholesome. A suet crust, steamed for an hour on top of a plain, well-seasoned meat stew, is light and nourishing. The same

crust, made into dumplings, can be substituted for the usual "baking-powder biscuit crust", for a chicken pot-pie.

The main thing in preparing the suet (which is the sweet *kidney* fat of beef or veal, and should not be confounded with ordinary beef fat,) is to keep it as cold as possible, before using, and when chopping it. In cold weather, freezing is good for it. In warmer seasons, it should be kept in the refrigerator. If ice is not being taken, it helps, to keep the unchopped suet covered with dry flour. But it should keep well for several days, if no particles of meat are allowed to adhere to it. When it is to be used, a thorough flouring prevents it from clogging up the chopping knife (when done in a wooden bowl) or the meat cutter. It should first be pulled apart, and as much as possible of the fibre removed. Then it should be chopped as fine as possible.

For plain suet crust, for pot-pies or stews, the English use one cup of chopped suet to two cups of sifted flour, adding an even teaspoonful of salt. Mixed in a bowl with a knife, using a half-cup of ice water to make it into dough, and rolled an inch thick;

this can be steamed for an hour, on potpie, and will not be at all heavy, if the cooking is steady. If preferred, a rounded teaspoonful of baking powder can also be sifted through the flour. This inch-thick crust (with baking-powder) spread with jam or preserves, rolled up, and steamed for an hour and a half, is the famous English roly-poly. If, instead, a cup of cleaned currants is added before the water is put in, and the crust steamed plain, it is "Spotted Dick." A plain but delicious lemon pudding is made by mixing 2 cups of sifted flour with 1 cup powdered suet, a half-cup of sugar, a teaspoonful baking powder, a half-teaspoonful salt, and the grated rinds of two lemons, all together. Wet this with a half cup of cold water, to which the juice of one lemon has been added. The dough should be very soft. If too dry, add a little more water. Turn at once into a buttered mould, and steam at least two hours. Every family cook-book gives recipes for more elaborate suet puddings, and they are "exceeding good fare."

Where suet crust is wanted for baked meat pies or little turnovers, an American recipe, well tested, calls for four cups of pastry flour to six ounces powdered suet, a teaspoonful of salt, and a cup of ice-water. Of the latter use only enough for stiff paste, mixing with a knife. Roll out, and it is ready to use at once.

Using Bacon Dripping

Too much emphasis can not be put on the fact that *successful* food economy is far more a matter of sense in seasoning than of mere arbitrary cutting down of expense. By *successful* economy is meant that sort which is so skilfully practised that its results are just as appetizing as in times when unchecked spending for marketing was taken as a matter of course. For while a family may "get along" on meals eaten without relish,—the serving of such meals is

anything but a triumph for the housewife, however it may seem to be for her pocket-book.

Simple and inexpensive foods, when "cooked with brains", have savors in every way as tempting as those of high cost. It is plain lack of good sense that results in the serving of such uninviting dishes as left-over white and sweet potatoes fried together, dabs of miscellaneous cereal scraped into the soup kettle; and in the entire disregard of the natural inherent flavor when it comes to the use of fats.

The fat that dries out of bacon when it is baked or fried, is an example of the above. In itself it is too precious to allow even a half teaspoonful to be wasted; yet it is wasted, and wantonly, when it is used in cooking articles of food with which its taste of smoked meat does not "go." It spoils baked beans for many palates, and food cannot be fried in it without taking the taste of it. And yet, when utilized discreetly, that taste is an asset of distinct value. If a couple of tablespoonfuls of chopped onion be "simmered" tender in as much bacon dripping, then a tablespoonful of flour mixed in, blended thoroughly, and a cup of left-over stewed tomatoes be added, and all cooked together with salt, pepper, and a suspicion of sugar for seasoning,—the result will be a delicious Sauce Espagnole, unrivalled for serving with omelet, meat cutlets, or plain coquettes and meat balls. Lacking the bacon, it is commonplace.

Where the flavor of ham in bean soup is liked, and no ham is on hand, the same result can be achieved by using blended bacon fat and flour to make the thickening which, added at the last, keeps the purée smooth and creamy, and prevents it separating. This is especially effective where sweet marjoram, a slice of onion, and a pinch of cloves are chosen seasonings for one's bean soup; and if the dark beans are used, and thin slices of lemon and hard-

boiled egg be in the tureen, it becomes the justly famous Mock-turtle Bean Soup.

There can be variety even in bean soups, and little crisp croutons of bread, fried delicately brown in bacon fat, will give zest to the simplest sort. This is really a variation of the English "bacon toast," made by browning lightly generous slices of bread, in the bacon fat, and serving hot for breakfast. One who has never eaten it with a steaming cup of coffee, has an enviable sensation ahead. If the housemother herself be the cook, as well, she can save the need for watching the frying pan full of "bacon toast," which *does* burn easily, by spreading the dripping on the slices of bread, laying them in a baking pan, and setting in the oven until pale brown. This has the advantage, too, of giving more even results.

A delicious combination of veal and boiled rice is that where the baking dish or "nappy" is lined with the rice, and then filled with chopped meat seasoned with onion, fried in bacon fat, salt and pepper, and a trifle of chopped parsley. Rice is used to cover, a little of the dripping is dotted over the surface, and it is baked to savory crispness. Plain tomato sauce, or brown gravy can be served with this, and the dish will be improved.

Briefly, bacon dripping can be used with success wherever the addition of *ham* would be relished; and that covers quite enough different dishes to make one's limited supply of bacon dripping a thing to be treasured and used with care, instead of being considered "just fat," and forced on the family palates in combinations where it belongs as little as mustard does in custard.

An Experiment in Jelly-Making

By Anna R. Witte

THE average housekeeper, and more particularly the older ones, if confronted with the statement that currant jelly could be made with the addition of water, would reply in no uncertain terms: "Oh, it can't, it wouldn't jell," but it can and it will—now for the story of how I made it:

Two years ago while visiting on Long Island I tasted some jelly that had been made from the "recipe" given by a lecturer at the Agricultural school. Whether no exact amount of water was given or whether the hearers were inattentive, no one seemed to know just how much was used. Some said a quart, others a glassful. The following year I was again at the same place and saw the jelly made.

Four large yellow bowls were brought in heaped with currants; these were

washed, put into a preserving kettle and four bowls of water were added; the kettle was set on the stove, heated in the usual way and removed at this particular moment. My friend was called away for a few hours and left me to finish the jelly. Very dubious as to results, but assured that the responsibility was hers, I strained the juice, boiled it twenty minutes and added the heated sugar. It jellied; lighter in color a trifle than usual, with fine flavor, a firm jelly. Even yet I wasn't quite satisfied that water could be added. I wanted a sure, safe formula, so this year I experimented with four lots of currants, and am sending you what I think will prove successful.

To two boxes of currants (quarts), washed, I added three cups of water, cooked them till pink and faded-looking,

turned them into a bag and, when strained, found I had five cups. I boiled this only fifteen minutes, it was such a small quantity, added my sugar and stirred it till well dissolved and about at the boiling point; this was a firm jelly. Again I repeated the experiment having only four and a half cups of juice; so I added the other half-cup of water and proceeded as before, with result the same. A third time I tried adding water to make up the five cups of juice, with my fourth trial (each time with two boxes), I added two boxes of red raspberries and only one cup of water. This was not quite so firm at first, but I placed it in the sun with a sheet of glass over it and it is quite as firm as the other. So I am a convert to the new method and want to pass it on.

I made orange marmalade which did not get firm; this was in July, in September I added nearly as much grape juice of half-ripe grapes and had a delicious marmalade. Of course, I had to add more sugar.

This year I have made some delicious jelly, one third each grape (half ripe) apple and rhubarb.

Grape Conserve

2 qts. grapes, after picking from stems	1 cup seeded raisins
1 can grated pineapple or one pineapple	6 oranges
	8 cups of sugar (gran.)
	Nuts if you like

Pulp the grapes and cook pulp. Discard seed and put with skins; add sugar, pineapple, raisins, grated peel and juice of three oranges and the other three cut fine as for marmalade.

Cook till thick; the pineapple makes it especially good.

Mock Cherries

1 quart of large red cranberries	Piece of butter size of hickory nut
1 pint of sugar	Good pinch of cinnamon

Wash berries and put in sauce pan with sugar and cinnamon and the butter melted in one tablespoonful of boiling water. Cover, place on back of stove

and cook slowly till clear. *Do not stir*—you can shake the pan now and then and push carefully any very raw looking berries. They need to be well mixed before beginning to cook. When clear, remove from fire and cool. They will turn out almost whole balls of jelly and, while good to eat, make a pretty garnish.

Seasonable and Tested Recipes

(Concluded from page 361)

spoonfuls of butter and half a pound of small raw (Spanish) peanuts (blanched or not, as desired). Stir and cook the peanuts in the syrup until they are thoroughly cooked; add a teaspoonful of soda dissolved in a tablespoonful of cold water, and stir vigorously. When the mixture is through foaming, turn it on an oiled marble or platter, let cool somewhat, then turn with a spatula and pull into as thin a sheet as possible.

Maple-Karo Fudge

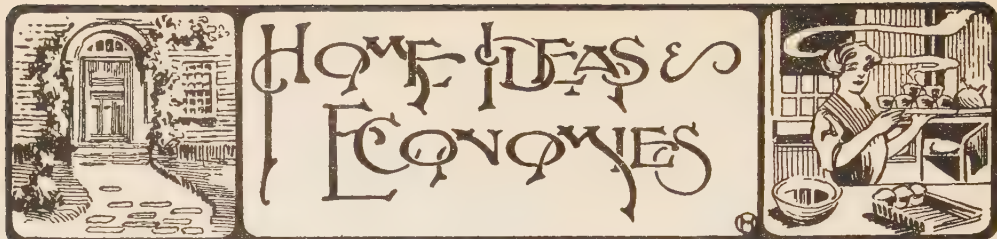
Melt three tablespoonfuls of butter in a saucepan; add one cup of sugar, one cup and a fourth of maple syrup, two tablespoonfuls of Karo and two-thirds a cup of milk poured from top of jar of milk. Stir until the sugar is dissolved. Wash down the inside of the saucepan, cover and let boil two minutes; uncover and let boil to 238° F. (until a soft ball may be formed when tested in cold water). Pour on a platter wiped over with a damp cloth. When cold, work with a spatula as fondant, then knead small pieces and press into a buttered tin. When firm, cut in cubes. Nuts or fruit may be added when kneading.

Nectar Cake Filling

1 dessert spoonful fresh butter
3 dessert spoonfuls orange juice
1 dessert spoonful lemon juice

Add the grated rind of half an orange; let heat to melt the butter, then stir in confectioner's sugar to make it like thick cream.

E. C. L.



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

That Skim Milk — Save It

WASHINGTON, D. C.

SAVE every drop of skim milk. It is a valuable food. Use it in your kitchen and on your table.

It is valuable as a beverage, in cooking, as cottage cheese, — too valuable to waste, whether it comes through your own separator or the separator at the creamery, — too valuable to be thrown away, or fed to farm animals, if it can be used for human food.

At creameries where whole milk is handled, skim milk is often thrown down the drains. Creameries ought to make their skim milk into cottage cheese.

Farmers ought to make cottage cheese at home. Skim milk so used will supplement our meat supply, for cottage cheese is one of the best substitutes for meat. Use it in your cooking.

Make and eat cottage cheese and encourage others to use it.

Make puddings and soups and bread with skim milk.

The Dairy Division of the United States Department of Agriculture, Washington, D. C., will tell you how to make cottage cheese in the home or creamery and in what dishes it may be used.

Apple Butter

There is no better way to use good apples than to make them into butter. The sound portions of windfalls, wormy, and bruised apples may also be used. The better the apple the better the butter will be. In apple butter with cider, either fresh sweet cider, or com-

mercial sterilized cider should be used, after being boiled down to about half its original quantity. The peeled-and-sliced apples may be cooked in the boiled cider or they may be first made into apple sauce which is then cooked in cider. It usually takes about equal quantities of sweet cider and sliced apples to make butter of the right consistency. In other words, 2 gallons of sweet cider should be boiled down to 1 gallon, and 2 gallons of the prepared apples should be added to it either uncooked or as apple sauce. The two essentials of good apple butter are long, slow cooking — from 4 to 6 hours — and frequent stirring. If sugar is used, it should be added after the cooking is about two-thirds done. About 1 pound of sugar is the usual proportion for each gallon of apple butter, but more or less may be used to suit the taste. The butter may be spiced with cinnamon, cloves and allspice, or with any one of the three, the spices being stirred in when the cooking is finished.

While still boiling hot, the butter should be packed in sterilized glass receptacles, or in stone jars, with thorough precautions against spoiling as with any other preserves.

Without Cider

Good apple butter may be made without cider. In this case, enough water is added to make a thin apple sauce. Brown sugar rather than white sugar is ordinarily used. If a grape flavor is desired, it may be obtained by the use of grape juice in the proportion of

1 pound to each gallon of the peeled-and-sliced apple. There should be also added a cup of brown sugar and $\frac{1}{4}$ a teaspoonful of salt. When the desired thickness is obtained, 1 teaspoonful of cinnamon is stirred in.

U. S. Government Bulletin.

* * *

Bermuda Onions with Bacon

PEEL a sufficient number of Bermuda onions, cover with boiling salted water and stew gently until tender. Lift them out of the water and stand on a buttered baking dish. On top of each lay a piece of bacon and sprinkle with paprika. Set in a hot oven until the bacon is cooked and the onions are a golden brown.

Baked Mush Bars

Make a stiff cornmeal mush and season a pint with a saltspoonful of pepper and half a teaspoonful of salt and pour into a mold. When cold, cut into sticks one inch thick and six inches long, roll in melted fat, place on tins and bake in the oven until brown. Serve with maple syrup.

Cream Johnnycake

Mix and sift one-half teaspoonful of salt, one level teaspoonful of soda, half a cup of flour and two cups of white cornmeal; add one cup of sour cream, one cup of sour milk and two well-beaten eggs. Beat to a smooth batter and pour half an inch thick into a greased shallow pan. Bake in a quick oven and serve hot. J. J. O. C.

* * *

The Sweet Pepper

AT this time of the year, a fine flavored, succulent vegetable, which unfortunately does not find the favor with housewives it deserves, is to be had in the markets. It is the *sweet pepper*. It is green, thick-fleshed and juicy, when ripe enough for use.

Later it becomes red, but loses none of its sweetness.

The sweet pepper admits of cooking in several ways, all of which are delicious, but is equally acceptable when eaten raw. Keep them in the refrigerator over night, serve in the morning, cut into lengthwise strips, with salt, for breakfast.

Try them fried with slices of bacon, seasoned with salt and pepper. Lift them carefully from the pan to avoid the fat. With six slices of bacon use three peppers, cut into small squares. Peppers do not shrink very much in the cooking, but become soft, which indicates they are done.

Try them with stewed beef, at the rate of two large peppers, cut into pieces, to each pound of meat, also cut. Let them be loose in the gravy.

Try them fried with onions and served with beefsteak. When so prepared they are called "poor man's mushroom", and have the advantage, in so far as they do not turn black. They lose but little of their color in the cooking. Any one of these dishes with a salad, makes a hearty meal. Stewed tomatoes, also, are greatly improved by the addition of sweet peppers.

You are likely to approach this vegetable with mistrust, but your skepticism will not last. Buy only the very large ones; the dealer will tell you if they are sweet. M. S. C.

* * *

An Inexpensive Cooking Apparatus

HOUSEWIVES who are in reach of a saw-mill, where sawdust can be obtained in generous quantities for little or nothing, may be interested in a simple little cooker which may to a large degree be made to take the place of a cook-stove, and which is coming into general use in Europe, where ordinary fuel is almost prohibitive in price.

It may be made of an ordinary tin cracker-box. In one of the sides of the box, almost at the bottom, make a circular hole of the proper size to admit a broom-handle. In the center of the cover make another hole two or three times as large. Insert into this larger hole a stick of the proper diameter to fill it, push a piece of broom-handle into the lower hole, bring the two together so that the end of the horizontal stick lies against the larger one; then while someone else holds the sticks firmly in place, lift the cover and fill the box with dry sawdust, pressing the sawdust down as tight and hard as possible. After you have driven in as much sawdust as the box will hold, fit the cover on again and draw out the sticks. You now have a cylindrical orifice from one hole to the other. Light a paper spill and push it into the lower orifice. In a short time the sawdust will have caught fire, and by placing a tripod over the top hole you have a perfect little cook-stove in operation. It can also be used for ironing by laying a sheet of tin over the tripod to prevent smoking the irons. The amount of draft can be regulated by stopping up the lower orifice partly or entirely. The fuel in your cooker will burn for several hours.

R. T. H.

* * *

To Improve Cabbage Salad

I HAVE discovered that a cup of chopped celery, or, if celery is out of season, a liberal sprinkling of celery salt will greatly improve any cabbage salad or cold slaw.

Disposing of Household Dirt

The most sanitary way of disposing of household dirt is to burn it up. Therefore, whenever you empty your dust pan, carpet sweeper or vacuum cleaner, have an old newspaper on hand and dump the dirt carefully into it, roll the paper up and put it in the fire at once.

Edible Christmas Gifts

NOW that many food necessities cost as much as luxuries, and national food conservation is one way of serving one's country, a Christmas gift of food is not only a practical and welcome gift, but an appropriate one. To give the Christmas touch to whatever article is presented, be sure to wrap it up attractively with white, green or red tissue paper and red string or ribbon. Any of the following would please the recipient:

A pound of coffee	Box of oranges
A jar of peanut butter	Sea moss for desserts
A jar of olives	Home-made noodles
A Christmas cake	Box of fancy crackers
A mince pie	Jar of canned fruit
Bottle of olive oil	Tin of pimientos
Bottle of salad dressing	Dried beans
Dates	Dozen fresh eggs
Sweet chocolate	A nice cheese
Jar of honey	Box of assorted spices
Can of maple syrup	Box of assorted flavor-
Box of assorted nuts	ing extracts
Box of apples	Popping corn

Don'ts for the Homemaker

1. Don't save your best preserves or your sunniest sleeping room for company because who is better company than your own family?

2. Don't ever be so tactful that members of your family will suspect that they are being managed.

3. Don't dictate, even to the children, if you can help it. Suggestion is so much better.

4. Don't fail to voice your appreciation whenever any of the family try, even in the smallest way, to lighten your labor.

5. Don't neglect your hair. In other words, adapt your hair-dressing as becomingly to yourself as the styles will permit. No one will appreciate it more than the family. Many a homemaker takes pride in her furnishings and even her own dress, but forgets to change her "pug" from the style of ten or fifteen years ago.

6. Don't economize on sleep. If you are up the night before, manage to

take a little nap, if ever so brief, the next day. Plenty of sleep is like oil to an engine.

7. Don't miss reading something uplifting every day. There is always five minutes to spare, if the reading matter is on hand, and, it may be, that five minutes reading will save you an hour of despondency or fatigue. N.D.D.

* * *

Fish Salad in Shells

Any cooked fish may be used for salad. Separate the fish into flakes and marinate it with equal measures of lemon juice and oil; scrape in a little onion juice, and sprinkle each pint of fish with half a teaspoonful of salt and one-fourth a teaspoonful of paprika. Mix thoroughly and let stand in a cool place an hour or longer. When ready to serve, drain the fish and mix with it two tablespoonfuls of thin-sliced cucumber pickles, two tablespoonfuls of capers, one-fourth a cup of thin-sliced olives and enough mayonnaise to hold all together. Set the salad in shells, smooth over the tops with a silver knife and cover or mash completely with mayonnaise dressing. Garnish with shreds cut from tomatoes and bits of Japanese parsley or celery. Let chill thoroughly before serving. Cubes of cooked potato may be mixed with the fish.

* * *

Maslin Bread

Economists now teaching us how to eke out our "war bread" with maize, rice and similar materials, seem to have forgotten the "maslin" bread, on which our Georgian ancestors thrived during the Napoleonic wars at the beginning of the last century. It was made from the combined flour of wheat, barley and rye, all grown together on land too poor to produce a good crop of wheat alone. The wheat gave strength, the barley sweetness, and the rye the quality of keeping moist for weeks.

Suggestions to Guide Housewife in her Efforts to Save Food and Help Her Country Feed Allies

Buy less; cook no more than necessary; serve smaller portions.

Use local and seasonable supplies.

Patronize your local producers and lessen the need of transportation.

Preach and practice the "gospel of the clean plate."

Eat plenty, but wisely, and without waste.

Do not limit the plain food of growing children.

Watch out for the waste in the community.

Under various circumstances and with varying conditions you can vary the methods of economizing.

"Do understand that the reason fats are so scarce and so necessary is that explosives are made of glycerine, and glycerine is made of fats.

* * *

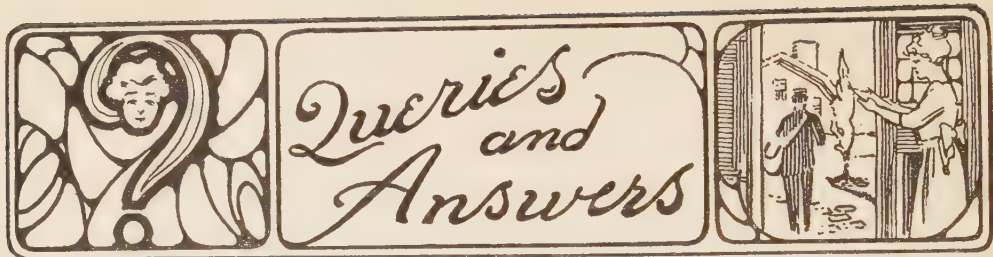
Housekeeper's Cares Greater Than Explorer's

Lieutenant Sir Ernest Shackleton would rather be a polar explorer than a housewife. He says:

"Most men in the world do not really know what women do that makes the home ready for them when they come home at night.

"I, as a housekeeper on the Antarctic, know what a task it is. A man never thinks of the work, the thought and the experience that goes in the making of a dinner, and he does not know anything about the work except when the dinner is well done or when it is not ready.

"Being an explorer is as hard work as there is in the world; but for all that, I would rather be an explorer than a housekeeper and have to do all the little every-day chores in getting the house ready for the man when he comes home to it."



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose addressed and stamped envelope. For menus, remit \$0.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY NO. 3885. — "Kindly repeat the recipe for Ryemeal Biscuits given some years ago in AMERICAN COOKERY. Also please state if the Biscuit may be made with Graham Flour instead of Rye Meal, and can Sugar be used in place of molasses."

Rye-Meal Biscuits

Stir a cake of compressed yeast into one-fourth a cup of scalded-and-cooled milk; add one cup of scalded-and-cooled milk and one and a half cups of sifted bread flour, and mix to a sponge; beat thoroughly and set aside to become light. Add a scant fourth of a cup of melted butter, one-fourth a cup of molasses, half a teaspoonful of salt and one and one-fourth cups of sifted rye-meal. Mix thoroughly, cutting the dough through and through, with a knife. The dough is too soft to knead. When light, with buttered fingers, shape into sixteen balls and set them close together in a baking pan. When again light bake about twenty-five minutes; brush over with white of egg or beaten yolk mixed with milk, dredge with granulated sugar and return to the oven to set the glaze. The biscuit may also be glazed with milk without either the white or yolk of egg.

The bran from the rye-meal, from which extraneous matter has been removed, may be used. Graham flour may replace the rye-meal. Sugar may replace the molasses or all sweetening may be omitted by adding an extra one-fourth a cup of liquid.

QUERY No. 3886. — "Recipe for making Vinegar from Apple Cores and Parings."

Vinegar from Apple Parings

Put sound cores and parings of apples in an earthen crock and cover with cold water; add a cup of molasses for each gallon of water taken; cover with a clean cloth and let stand in a warm place. In a month strain through cloth and store in bottles. If fermentation has not taken place, soften a cake of compressed yeast in two tablespoonfuls of water and spread it upon a slice of bread. Set the bread, yeast side down, in the jar, and cover as before. Vinegar may be made from pineapple parings instead of apple.

QUERY No. 3887. — "Recipe for the Spider Corn Cake referred to in the well-balanced menus."

Spider Corn Cake

$\frac{3}{4}$ cup cornmeal	1 egg, beaten light
$\frac{3}{4}$ cup white flour	$\frac{1}{2}$ cup sweet milk
2 tablespoonfuls sugar	$\frac{1}{2}$ cup thick sour milk
$\frac{1}{2}$ teaspoonful salt	2 tablespoonfuls shortening
$\frac{1}{2}$ teaspoonful soda	$\frac{1}{2}$ cup sweet milk

Sift together all the dry ingredients and stir in the egg mixed with the half cup, each, of sweet and sour milk. Melt the butter in a small frying pan or agate pie plate, turn in the mixture, and over this pour the second half-cup of sweet milk. Do not stir in this last half-cup of milk. Bake about twenty-five minutes. Serve cut as a pie.

QUERY No. 3887. — "Recipe for Sand Tarts."

Sand Tarts

1 cup shortening	$\frac{1}{2}$ teaspoonful salt
2 cups sugar	1 egg-white
1 whole egg and 1 yolk	cinnamon, sugar
3 cups flour	almonds or raisins

Cream the shortening; beat in the sugar, the whole egg and yolk beaten together, the flour and salt, and knead to a smooth dough; roll into a sheet and cut into rounds; set these in a baking pan rubbed over with fat; brush with the egg-white, left for the purpose. Set a raisin or a blanched almond in the center of each and sprinkle with cinnamon and sugar. Bake in a moderate oven. As no leavening agent is used, the sugar must be beaten into the shortening very gradually, to insure some degree of lightness. This is the distinguishing feature of sand tarts or cakes. At this time some other form of cookie should be selected as these call for more sugar than ordinary cookies.

QUERY No. 3889. — "How does milk compare in nutritive value with eggs and meat? Also suggest ways of using milk when no member of the family cares to drink it from a glass?"

Nutritive Value of Milk, Meat and Eggs

Roughly speaking, one quart of milk is equal in nutritive value to three-fourths a pound of lean beef or eight eggs.

Oyster stew, fish or clam chowder, corn chowder, cream soups, cheese custard, gnocchi, creamed cabbage and other vegetables; cream toast, creamed fresh or salt fish, cornstarch puddings, rice and tapioca, custards and puddings, squash, custard, lemon or similar fillings for pies, junket in cups or in ice cream, cornstarch or seamoss farina blanch-mange, are among the simple dishes in which milk may be used.

QUERY No. 3890. — "Where may a quick-hardening gelatine made from a Ceylon seaweed called Agar be secured?"

Agar-Agar

Agar-agar, or vegetable gelatine, is prepared in the East Indies from a

sea weed. It probably is used to some extent in this country, but we are unable to say where it may be obtained.

QUERY No. 3891. — "Can any use be made of crumbs or small pieces of stale corncake?"

Uses for Stale Corncake

Crumbs and bits of corncake of any variety may be used in "crumb bread." A recipe may be found on page 38 of the June-July number of this magazine. One cup of crumbs to a pint of milk, one whole egg or two yolks may be used with about one-fourth or one-third a cup of molasses or maple syrup and spices to taste in a baked pudding.

Crumble cold corncake to fill a cup; over it pour one cup of thick sour milk, mix and let stand several hours or overnight. Add an egg, beaten light, and two-thirds a cup of sifted flour, sifted again with half a teaspoonful of soda, one-fourth a teaspoonful of salt and one level teaspoonful of baking-powder. Drop on a hot, well-oiled griddle, a tablespoonful in a place. When light and puffy with bubbles on the surface, turn to brown the other side.

QUERY No. 3892. — "Is it necessary for a woman to know of proteins and carbohydrates in order to feed her family properly?"

Proteins and Carbohydrates

It may not be necessary for a woman to think of any group of food under the term of protein or of carbohydrate, but a woman who has no understanding of the five groups of foodstuffs and their uses in the body can not expect to provide, day after day, food that will supply the needs of her family. In this time of substitution, she will not be able to substitute one food for another intelligently and is liable to make grave mistakes.

QUERY No. 3893. "Recipe for Thin Honey Cookies given some time ago in this magazine."

Honey Cookies

$\frac{1}{2}$ cup shortening	1 cup barley flour
$\frac{3}{4}$ cup sugar	4 level teaspoonfuls
$\frac{1}{2}$ cup honey	baking powder.
Grated rind 1 lemon	Chopped almonds, 1
1 egg and 1 yolk	egg - white and
2 cups pastry flour	sugar for glazing

Cream the shortening; beat in the sugar, then the honey and lemon rind; add the egg and yolk beaten together, then the flour sifted with the baking powder; more flour may be required. Knead slightly, roll into a sheet, cut into rounds, set into a baking pan, rubbed over with fat, brush with the egg-white (beaten slightly), sprinkle with the almonds and sugar and bake. The recipe makes between 30 and 50 cookies, according to size.

QUERY No. 3894. "Recipes for Pudding Sauces that do not call for sugar."

Maple Syrup Sauce

Dissolve a cup of maple sugar in three-fourths a cup of boiling water. Smooth a level tablespoonful of corn-starch in one-fourth a cup of water and stir into the hot mixture; let simmer ten minutes, adding a little more boiling water if too thick. When ready to serve, beat in one or two tablespoonfuls of butter.

Molasses Sauce

1 cup molasses	1 tablespoonful but-
$\frac{1}{2}$ cup water	ter
$\frac{1}{4}$ teaspoonful salt	1 lemon, juice and
	grated rind

Boil the molasses, water and salt twenty minutes; add the lemon rind and juice and the butter, and serve without further cooking.

QUERY No. 3895. "Recipe for a Light-Colored Pumpkin Pie with a meringue that was given in the November number of the magazine two or three years ago."

Pumpkin Pie

We find no recipe for pumpkin pie that answers this description; possibly the following, given December, 1913, may be the one referred to:

Little Pumpkin Pies

Cut a pared pumpkin in inch-cubes, and steam until done; let dry over a hot fire in a colander, then press through a sieve or ricer. To a cup and a half of sifted pumpkin, add half a cup of sugar, two tablespoonfuls of molasses, two eggs, beaten without separating the whites and yolks (one egg and one-third a cup of cracker crumbs may be used), one tablespoonful of ginger, half a teaspoonful of salt, two tablespoonfuls of melted butter and one cup of rich milk, and turn into small tins lined with pastry. Bake about twenty-five minutes. Serve, turned from the tins, reheated a little and decorated with whipped cream. Sweeten the cream slightly, and flavor with a few drops of almond or vanilla extract.

QUERY No. 3896. "In planning a well-balanced dietary, how do you know that you are allowing enough of the mineral elements or ash constituents?"

Quantity of Mineral Matter in Dietary

It is not necessary to provide a definite quantity of mineral matter. Plan to present, each day, some foods rich in this matter, namely: fruit, green vegetables, whole wheat and other grains; milk contains calcium compounds (lime) needed in bone formation and growth; egg-yolk contains iron and phosphorus, but if eggs are not available, these substances may be provided in fruit and vegetables (prunes, apples, spinach, etc.).

QUERY No. 3897. "What supplies should the wives of day laborers be advised to buy on Saturday night for the coming week?"

Food Supplies for Day Laborers

The above question is not easily answered. Corned beef and pork products have been a main reliance of such families. The fat from the beef and pork has helped to make many a supper of fried potatoes and onions most accept-

Crisco in one-pound packages — a new size

YOU can buy Crisco, as good as ever, as sweet and wholesome as ever and at a price within the reach of any pocket-book.

This pure, all vegetable cooking fat now sells by the pound package for no more than you pay for the same amount of lard dug from a pail.

Realize that it reaches you in air-tight, clean, sanitary packages; an advantage you cannot get in using cooking fats exposed to the dust and dirt stirred up in a busy store.

CRISCO
*For Frying - For Shortening
For Cake Making*

The National Food Administration has asked the American housewife to use fats other than butter in cooking. The superior quality of Crisco makes it easy for everyone to comply with this request. Use it wherever a cooking fat is required for shortening, for bak-

ing, or for frying. You then will be doing your share in helping forward the plans of the Food Administration for food conservation. At the same time, you will enjoy foods that are delicious. And you will save money.

Crisco still may be had in all the larger size packages

A Book Every Housewife Needs

Food conservation does not mean the giving up of foods required for mental and physical strength. "Balanced Daily Diet", the new book by Janet McKenzie Hill of the Boston Cooking School, tells what to eat and how to prepare it. It is a valuable text book on a vital subject, illustrated in color. Menus are given for every month with recipes for many tasteful, economical foods. The interesting Story of Crisco is well told. Published to sell for 25 cents, we will send you a copy of this work for five 2-cent stamps. Address Dept. A-12, The Procter & Gamble Company, Cincinnati, Ohio.



*A reduced reproduction of
the one-pound can*

A War Time Recipe

How to Make Eggless, Milkless Cornbread, Thin and Crisp

- 1 cupful cornmeal
- 1 1/4 teaspoonfuls salt
- 2 tablespoonfuls flour
- 1 tablespoonful sugar
- 3 teaspoonfuls baking powder
- 3 tablespoonfuls Crisco
- 1 cupful water

Use accurate **level** measurements

Mix dry ingredients. Add melted Crisco. Then add water. Beat well and bake in small well-Criscoed bread pan for 20 or 25 minutes. To make a lighter loaf slightly reduce the quantity of cornmeal and add a like amount of flour. This recipe is tested and approved by Good Housekeeping Institute, Mildred Madocks, Director.

able. Today the price of these foods makes them almost prohibitive. Salt pork may be used, occasionally, for baked beans. Oleomargarine may season dried Lima or kidney beans. Tripe, fried or boiled, gives a relish to a meal. Ox tails make a good, flavored soup or stew, and will furnish considerable fat for use in other dishes. Oatmeal, hominy, farina and plain cornmeal should be bought in bulk, not in small packages. Onions, cabbage, parsnips and carrots give variety in vegetables. Prunes, apples or bananas might be bought each week. Bread should be made at home. Indeed, comfort in living depends almost entirely on the traits of the woman who spends the money. Hand to mouth buying at the corner grocery means expensive living and no money put by for a rainy day. The back yard garden, with something stored, somehow, somewhere, is quite an essential to provident living.

QUERY No. 3897. "Recipe for a Cheese Cake, a sort of thin bread with cheese above."

Cheese Coffee Cake

1 cup scalded milk	¼ cup melted short-
1 cake compressed	ening
yeast	2 tablespoons sugar
¼ cup lukewarm	½ teaspoon salt
water	1 egg
1½ cups flour (about)	Flour as needed
	1 cup grated cheese

Cool the milk; add the yeast mixed with the water and stir in the flour. Beat to a smooth batter; cover and let become light; add the shortening, sugar, salt, egg and beat thoroughly, then work in flour for a very thick batter. Turn into a greased baking pan, make smooth on the top; brush over with a little of the beaten egg left for the purpose, and sprinkle on the cheese; cover and let become very light. Bake about half an hour. Rye, barley or cornflour may be used.

QUERY No. 3898. "Recipe for French Pancakes served as a dessert dish, sometimes they are yellow and sometimes browned a little. They are usually rolled and sprinkled with sugar."

French Pancakes

Sift together one cup of pastry flour, one-fourth a cup of sugar, half a teaspoonful of salt and a teaspoonful of baking powder. Beat three eggs; add one-fourth a cup of cold milk and stir into the dry ingredients. Add more milk if needed to make a pour batter. If at hand, half a cup of dried macaroni or lady-fingers rolled and sifted may be added. Heat two omelet pans; in these cook the mixture in rounds about three inches in diameter. Roll as soon as done, dredge with sugar, and let brown underneath the gas flame, or serve without browning. Marmalade, jelly or jam is often spread over the cakes before they are rolled. Sometimes they are piled one above another on a plate with sugar or jelly between. The pancakes may be made with fewer eggs. French pancakes are not particularly light. They are of a texture similar to a French omelet, and more yolks than whites are usually employed.

QUERY No. 3899. "Quince Jelly has failed to become firm; it is like thick syrup. Can anything be done to change the syrup to jelly?"

Quince Jelly

Try cooking the syrup with sliced lemons from which the seeds have been taken. Start with one lemon to a pint of the syrup. Let the slices of lemon stand in the syrup overnight, and then cook five to ten minutes after boiling begins. Use a deep rather than a broad dish to lessen the evaporation. Apple juice helps to jelly quince juice. Quince is deficient in the acid needed for good jelly. Apple juice boiled fifteen minutes might be added to the quince syrup, and when the whole is hot, add three-fourths a cup of sugar for each cup of apple juice taken. This being an experiment, it were well to try a pint of syrup and a pint of apple juice before cooking over the whole quantity of syrup. In preparing quince for jelly discard the cores.

An Acceptable, Inexpensive Christmas Gift

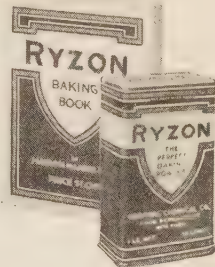
Whether it's to the boys in camp and at the front or to the friend who seems to "have everything"—you can send a box of RYZON goodies and be sure it's a welcome gift.

Cover a cracker tin with crêpe paper and pack the goodies in it—they will keep for at least a month. This box contains Old-Fashioned Ginger Cookies, Potato Fried Cakes, Fruit Bars, Walnut Macaroons and Oatmeal Rolled Wafers. Recipes for these dainties will be found in the new RYZON Baking Book—be sure to get your copy.

You will find baking with RYZON, The Perfect Baking Powder, is economical because it not only costs less per baking, but you're sure of your results.

The RYZON Baking Book is priced at One Dollar but you may obtain a copy from your grocer, or by sending us eight 3c stamps with the user's certificate packed with the pound of RYZON.

A pound tin of RYZON and a copy of the RYZON Baking Book will be sent free, postpaid, to any domestic science teacher who writes us on school stationery, giving official position.



GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK

New Books

The Food of Working Women in Boston. Price \$1.00 net. Women's Educational and Industrial Union, Boston.

"The Food of Working Women in Boston," the recently published report of a study made by the Research Department of the Women's Educational and Industrial Union in co-operation with the Massachusetts Department of Health, is of timely significance in that it is concerned with two large problems of war administration,—food consumption and conditions affecting women workers.

"A large field for educational activities as well as research has been opened up by the present investigation, as it has revealed the inability to deal intelligently with the fundamental problems of life, which may prove to be the chief source of national weakness in the great struggle which we are entering," concludes the report. "Participation in the war of the nations has forced upon us a great campaign for education in dietetics. The efficient 'stoking' of the human engine will occupy a more important place in the courses of study of the future. Women must be given the training which will enable them to deal intelligently and economically with the task of providing food for a family or for a lone woman wage-earner."

Here is presented a careful study of a very important subject. The book is of special interest to students of Domestic Science and Social Service workers everywhere.

The Book of Corn Cookery. By MARY L. WADE. Price .75 net. A. C. McClurg & Co., Chicago.

Corn is one of the most economical of all foods, and in combination with other materials forms the basis of many whole-

some, palatable and delicious dishes.

Here are one hundred and fifty ways of using this purely American cereal, ranging from the recipes used by our grandmothers to the latest concoctions of today.

The subject has been pretty well treated. To those who wish to make a saving and to conserve in foods, "The Book of Corn Cookery" will be found very handy and helpful.

The Housekeeper's Apple Book. By L. GERTRUDE MACKAY. Price .75 net. Little, Brown & Company, Boston.

The apple is rightly named "The King of Fruits." There is no way in which it is not palatable, no meal in which it cannot be served in some form or other, and because of its keeping qualities no corner of the earth in which it cannot be used. Miss MacKay has included over two hundred toothsome recipes covering apples baked, fried, stewed, raw, in sauces, jams, jellies, and custards, in pies, cakes, and pudding, in croquettes, salads and fritters; in fact, practically every form in which apples can be utilized.

The present is suitable time to invite the attention of housekeepers to this important fruit-product. The apple provides means of great saving in other food-products. It is often let go to waste.

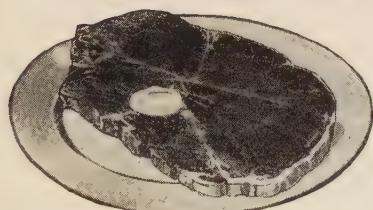
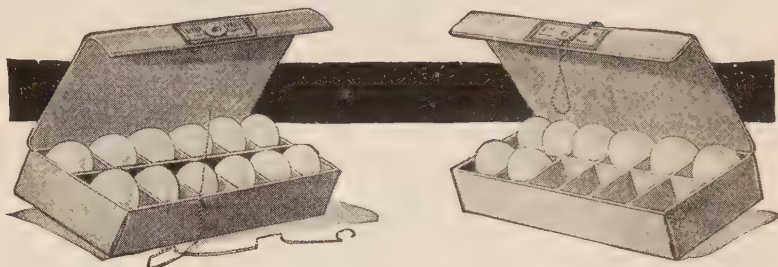
Daily theme by a Radcliffe student:

"Some men are born with an insight into the soul feminine, some men marry and achieve this insight, and some men correct girls' themes and have this insight thrust upon them."

Admiring comment by a Harvard student struggling with his own daily:

"Gosh! but it takes a girl to write that sort of thing, don't it?"

Interesting Facts on Food Cost



**It Equals 2½ lbs. of
Round Steak**



**It equals 6 lbs. of
Fresh Fish**

In Food Value

A 12-cent Package of Quaker Oats Equals Twenty Eggs

Numerous foods which are commonly served cost from five to ten times as much as do luscious Quaker Oats.

The average mixed diet, measured by food value, costs you four times as much.

Each \$1 Saves \$3

So each dollar spent for Quaker Oats saves at least \$3 on your table cost. A liberal use of Quaker Oats will make living cost lower than in old times.

And you will be better fed. You will have new food enjoyments. For the oat stands supreme among grain foods, in nutrition and in flavor. It is our sovereign vim-food. It is the best-balanced food we know.

Use Quaker Oats in bread and muffins, in cookies, pancakes, etc. Note the added delights. This is more than a breakfast dainty. It is Nature's master food.

Quaker Oats

The Superlative Flakes

Quaker Oats, the world around, is the favorite oatfood. That is due to a matchless flavor derived from selected oats.

In making Quaker Oats, all the puny, starved grains are discarded. We use the queen grains

only—the rich and flavory oats. A bushel of choice oats yields but ten pounds of Quaker.

Yet this extra quality costs you no extra price. You get it when you ask for Quaker Oats. In these times above all times you owe that to yourself.

12c and 30c per package in United States and Canada, except in the Far West and South where high freights may prohibit

The Silver Lining

Advice to Wives

To all you good women who're tied to a man,
And find it a trouble to lead him,
Don't worry, and scurry, and flurry, and ban;
Just feed him, the dear man, just feed him.

Your husband is lazy, and needs spurring on?
You'll want a fine lecture to read him;
Now, don't; 'twill be trouble for naught undergone;
But feed him; he'll hustle, just feed him.

Another's a bully; he'll bluster and shout;
Now, the best thing to do is don't heed him;
For his talk and his tantrums will just peter out,
If you feed him, the brute, if you feed him.

Then, maybe, your spouse is exceedingly soft,
And others are anxious to bleed him;
Well, he's likely to buck up his backbone more oft
If you feed him, poor man, if you feed him.

Now, a husband's first duty is money to earn,
And a wife should do naught to impede him;

So, to help him acquire that acquisitive turn,
Just feed him, good husband, just feed him.

But, perhaps, he's a gem of a husband right now;
You all of the virtues concede him,
Then don't let your gem lose his lustre, but
vow
That you'll feed him, nice husband, you'll
feed him. —Donald A. Fraser.

His Place

A revival meeting was in progress in a Southern town, says *Harper's Magazine*, and Sister Smith was called upon for testimony. Being meek and humble, she said:

"I do not feel as though I should stand here and give testimony. I have been a transgressor for a good many years, and have only recently seen the light. I believe that my place is in a dark corner behind the door."

Brother Jones was next called upon for his testimony, and, following the example set by Sister Smith, he said:

"I, too, have been a sinner for more than forty years, and I do not think it would be fitting for me to stand before this assembly as a model. I think my place is behind the door, in a dark corner, with Sister Smith."

Specially Endowed

"Some un sick at yo' house, Mis' Carter?" inquired Lila. "Ah seed the doc-tah's kyar eroun dar yestidy."

"It was for my brother, Lila."

"Sho! What's he done got de matter of 'm?"

"Nobody seems to know what the disease is. He can eat an' sleep as well as ever, he stays out all day long on the veranda in the sun and seems as well as any one, but he can't do any work at all."

"He cain't—yo' says he cain't work?"

"Not a stroke."

"Law, Miss Carter, dat ain't no disease what yo' broth' got. Dat's a gif'!—Everybody's.



Healthy Children Play Hard

To stand the rough service, every active child should wear the

Velvet Grip

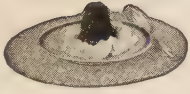
OBLONG RUBBER BUTTON HOSE SUPPORTER

SOLD EVERYWHERE

Child's sample pair (give age) 15c. postpaid.
For infants — "The Baby Midget Velvet Grip
Hose Supporter." Silk 15c., Lisle 10.

George Frost Co. Makers Boston

MINUTE DAINTIES



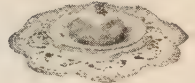
Coffee Tapioca

Cook fifteen minutes in 3 cups coffee, $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{4}$ cup sugar and a little salt. Flavor with vanilla and serve cold with cream and sugar. One more cup of coffee may be used unless it is desired to mold this dish. This is shown molded in a jelly glass and served with whipped cream.



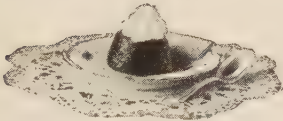
Mrs. Delia M. Derby —
in charge of Receipt, Menu
and Household Help Service
of Minute Tapioca Company.

Tapioca Griddle Cakes — Mix 2 cups Tapioca Cream, unflavored (see Minute Cook Book), $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon salt, 1 cup flour and 2 level teaspoons baking powder. Bake on a hot griddle and serve with butter and honey or maple syrup. These are delicious for Sunday morning breakfast and easily prepared, as the Tapioca Cream can be made the day before.



Pineapple Tapioca

Boil $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{2}$ cup of sugar and pinch of salt in 4 cups of water till clear. Remove from fire and add 1 cup pineapple grated or chopped with $\frac{1}{2}$ cup of sugar. Serve with cream. This is shown served on a slice of canned pineapple with whipped cream and whole nut on top.



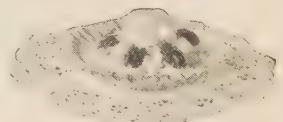
Danish Pudding

Cook $\frac{1}{2}$ cup Minute Tapioca in 3 cups hot water 15 minutes. Add $\frac{1}{2}$ cup sugar, 1 saltspoon salt and 1 small tumbler grape jelly. Stir till dissolved. Serve ice-cold with sugar and whipped cream. Pint ripe strawberries may be used in place of jelly.



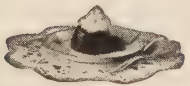
Tomato Tapioca Soup

To 1 pint of strained tomatoes add $\frac{1}{2}$ tablespoon extract of beef, 1 ounce butter, 2 tablespoons Minute Tapioca, $1\frac{1}{2}$ pints hot water and salt and pepper to taste, boil for fifteen minutes. Serve with fried bread or toast. *



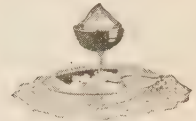
Maple Walnut Tapioca

Heat 1 pint milk and stir into it carefully 2 heaping tablespoons Minute Tapioca. Cook 15 minutes, then add the well-beaten yolks of 2 eggs and a pinch of salt, but NO sugar. Stir for 3 minutes, then beat $\frac{1}{2}$ cup of maple syrup into the cool tapioca and add English walnut meats, chopped fine. Serve with whipped cream and place half nuts on top.



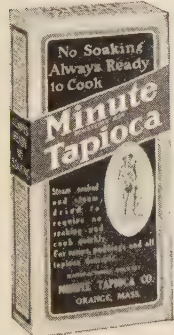
Chocolate or Cocoa Blanc Mange

Add $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{2}$ cup sugar and a little salt to 3 cups chocolate or cocoa made proper strength for drinking. Let cook 15 minutes, stirring frequently. Remove from the stove, flavor with vanilla and pour into a mold. Shown here molded in a tea cup and served with whipped cream.



Strawberry Tapioca

Cook for fifteen minutes in a double boiler $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{2}$ cup sugar, 1 teaspoon butter and 3 cups of hot water. Take the tapioca from the fire and stir in 1 cup of preserved strawberries. Set in a cool place. It should be served very cold. This dessert is delicious served with whipped cream. Raspberries may be used in place of strawberries. Shown molded in sherbet glass.

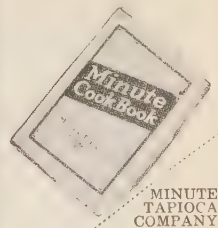


For Your Next Dessert
Any one of these eight desserts suggested will satisfy your family—and yourself. For besides making a temptingly delicious dessert, Minute Tapioca is a real food, easily digested. And it is one of the easiest of

Minute Tapioca prepared desserts for you to make. Minute Tapioca dissolves immediately in hot water or milk, cooks done in 15 minutes without lumps or sogginess. The low price, too, is an inducement. Why not send now for free Minute Cook Book giving 124 receipts for Minute Dainties (Minute Gelatine or Minute Tapioca)? Use the coupon. Minute products won Gold Medal of Honor at Panama-Pacific Exposition.

Minute Tapioca Company
912 West Main St., Orange, Mass.

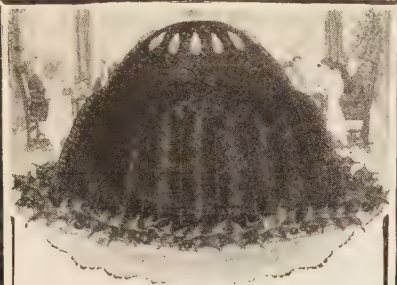
*N. B. 2 tablespoons Minute Tapioca added to a quart of any kind of soup about fifteen minutes before removing from the stove adds greatly to its flavor and nourishing qualities.



MINUTE
TAPIOCA
COMPANY

912 West Main St.
Orange, Mass.

Gentlemen:
Please send me a copy of the Minute Cook Book. Sent free postpaid.
Name
Street
City State
Grocer's Name
Address



My Favorite Christmas Plum Pudding

Soak 1 envelope Knox Sparkling Gelatine in $\frac{3}{4}$ cup cold water 5 minutes. Put one pint milk in double boiler, add $1\frac{1}{2}$ squares melted chocolate, and when scalding point is reached add 1 cup sugar, $\frac{1}{4}$ teaspoonful of salt and soaked Gelatine. Remove from fire and when mixture begins to thicken add $\frac{1}{2}$ teaspoonful vanilla, 1 cup seeded raisins, $\frac{1}{2}$ cup of dates or figs, $\frac{1}{4}$ cup sliced citron or nuts and $\frac{1}{2}$ cup currants. Turn into mold first dipped in cold water and chill. Remove to serving dish and garnish with holly. Serve with whipped cream sweetened and flavored with vanilla.

My Dear Housewife:

Christmas-tide again and with it the happiest days of the year.

And the longest, too, for it begins before daylight when Christmas candles shine and children shout and shake the laden branches of the Christmas tree."

When the Christmas dinner comes and at its close a good old-fashioned Knox Plum Pudding there is nothing more to be desired. I suppose you know the recipe. Thousand of housewives do, but I am printing it so that thousands of others may enjoy it this year and in the years to come.

In this somewhat personal way I pass along to you my favorite recipe and thank you for your maintained confidence in Knox Sparkling Gelatine throughout all these years. Extending to you the season's greetings, I am,

Very sincerely yours,

Mrs. Charles D. Knox.
President

FREE RECIPE BOOK

of Desserts, Salads and Xmas Candies sent for your grocer's name. If you have never used Knox Sparkling Gelatine enclose 4c for enough to make a dessert or salad.

KNOX

SPARKLING
GELATINE

407 Knox Ave.

Johnstown, N. Y.



Pa Twaddles: "Well, what's the matter now?" Tommy Twaddles: "Ma says I mustn't never say a word while she's in the room." Mrs. Twaddles: "Why, no I didn't, dear. I said you mustn't interrupt while I'm talking." Tommy: "What's the diff'rance?"—*Cleveland Leader.*

A young lady, talking to a pet dog on an electric car, asked the conductor to stop at a certain point. When he did so, she went to the platform, and there stood gesticulating, with the dog on her arm. "Hurry up, miss, hurry up! You want to get out here, don't you?" Oh, dear, no, thank you! I only wished to show Fido where her mother lives!"

One day while the late William R. Travers was sojourning at Bermuda, he came down to the wharf to see the arrivals. Meeting an acquaintance, he said, "Ah, Merrill, what brings you down here?" "Oh, just came for a little change and rest." "Sorry to discourage you," said Travers, "but I'm afraid you'll go home without either." "How's that?" said Merrill. "Oh," said Travers, "the waiters will get all the change, and the landlord will get all the rest."

A new railroad through Louisiana passes one of the towns about a mile from the business centre, so that it is necessary to run an omnibus line. A salesman asked the old Negro omnibus-driver about it. "Say, uncle, why have they got the depot way down here?" After a moment's hesitation, the old Negro replied: "I dunno, boss, unless they wanted to git it on the railroad."—*Everybody's Magazine.*

The circus had come for its annual visit to a little country town, and the children were wildly excited. The young son of a notoriously close-fisted farmer clamored to go. "O dad!" he exclaimed, "gimme threepence to go and see the circus!" "What!" gasped the farmer.



Books that are worth while for Christmas Gifts



Cost little, but yield rich returns in satisfaction, pleasure and profit

Mrs. Rorer's NEW Cook Book

A big, wholesome book, with over 700 pages of the choicest recipes, with clear cut instructions that any one can follow; instructions in marketing, cooking, serving, carving, etc. Brimful of the best things. A book to give pleasure as long as it lasts.

Cloth, illustrated, \$2.00; by mail \$2.20

Key to Simple Cookery

Mrs. Rorer's very latest book. A new idea in cook books. Does away with much of the drudgery of kitchen work, makes work light and helps reduce cost of living. Full of up-to-date recipes in every department of cookery.

Cloth, illustrated, \$1.25; by mail \$1.40

Mrs. Rorer's Philadelphia Cook Book

The cook book that is in 150,000 homes. A staunch reliable friend to have around. Several hundred recipes, all cooked to a certainty, so that you cannot make mistakes. A storehouse of good things.

Washable cloth, \$1.00; by mail \$1.15

Vegetable Cookery and Meat Substitutes

Meatless days will cause no flurry with this book at hand. Lots of delightful dishes in place of meat, and wonderful ways for cooking and serving vegetables.

Cloth, \$1.50; by mail \$1.65



Sold by all book stores and department stores, or

ARNOLD AND COMPANY

420 Sansom Street

Philadelphia, Pa.



NESNAH Ice Cream

—for your—
Christmas Dinner

Just try serving Nesnah Ice Cream on that day, and you will never go back to the much more troublesome and expensive way of making ice cream.

Its creaminess and texture makes it distinctive in taste and deliciousness; this coupled with the ease with which it is made appeals to the woman who does not allow her household duties to take all her time.

*Eggs — Sugar — Flavor
are not needed for
Nesnah Ice Cream*

Doesn't Almond Nesnah Ice Cream and Maraschino Cherries sound good enough to eat even with a feast?

CHRISTMAS DINNER ICE CREAM RECIPE

FOR 1 GALLON ICE CREAM

2 Quarts Milk 1 Pint Cream
Three packages of NESNAH
1 Cup of Chopped Maraschino Cherries

Heat two quarts of milk luke warm, drop into it the Nesnah and dissolve by stirring one-half minute. Pour mixture into ice cream can and let stand undisturbed ten or fifteen minutes, until coagulated; pack with ice and salt; freeze to a thick mush before adding the pint of cream and Maraschino Cherries.

SIX PURE NATURAL FLAVORS

Vanilla	Lemon	Raspberry
Almond	Orange	Chocolate

A post card will bring you a sample package and a Nesnah cook booklet.

Chr. Hansen's Laboratory, Inc.

The Junket Folks

Box 2507, Little Falls, N. Y.

"Thrippence? Why, only last month I let you go up to Farmer Higg's field to see the eclipse of the moon! My boy, do you want your life to be one perpetual round of pleasure?"—*Yorkshire Post*.

The Secret of Success

The man who had made a huge fortune was speaking a few words to a number of students at a business class. Of course, says the *Philadelphia Ledger*, the main theme of his address was himself. "All my success in life, all my tremendous financial prestige," he said proudly, "I owe to one thing alone—pluck, pluck, pluck!" He made an impressive pause here, but the effect was ruined by one student, who asked impressively: "Yes, sir; but how are we to find the right people to pluck?"

"Maybe he hasn't found himself yet," consoled the confidential friend. "Isn't he gifted in any way?" "Gifted?" queried the father. "Well, I should say he is! Everything he's got was given to him."—*Harper's Magazine*.

The Sergeant-Major had trouble in finding an accountant for his captain, but at last brought in a private for trial.

"Are you a clerk?" demanded the captain.

"No, sir," replied the man.

"Do you know anything about figures?" asked the captain.

"I can do a bit," replied the man, modestly.

"Is this the best man you can find?" asked the officer.

"Yes, sir," was the reply.

"Well," growled the captain, "I suppose I'll have to put up with him!"

Turning to the private, he snapped, "What were you in civilian life?"

"Professor of mathematics at the State College, sir," was the unexpected reply. — *The Tatler*.

"Don't you think her voice is improved?" "Perhaps, but not cured." — *Life*.



Those Delicious Waffles

Is it any wonder the whole family crave waffles—those crisp, light, golden brown appetizing dainties?

Served with powdered sugar, honey or maple syrup they have become the popular national food, whether served for breakfast, luncheon or dinner. And they are just as wholesome and economical as they are appetizing.

Making delicious waffles is not an art. Anyone can make them by following a tested Griswold recipe. **"It's all in the iron."** You'll never get a scorched or doughy waffle when you use the

Griswold Waffle Iron

The handiest waffle iron made—with its air cooled handle, its ball and socket joint that permits turning without removing the iron from the stove. Its deep pattern insures a crisp, well done Waffle, its protecting ring catches greases and batter and keeps the stove clean—and it's the easiest iron to clean, too.

Griswold Waffle Irons are made in aluminum or iron, in square round styles and in sizes to meet your needs.

Don't crave for delicious waffles—make them. All good dealers sell Griswold Waffle Irons—if yours does not, write us for the name of the nearest dealer who does.

Send for your copy of the FREE Recipe Book, "Delicious, Crisp and Brown Waffles," today:

The Griswold Mfg. Co.
Dept. A, Erie, Penn'a.

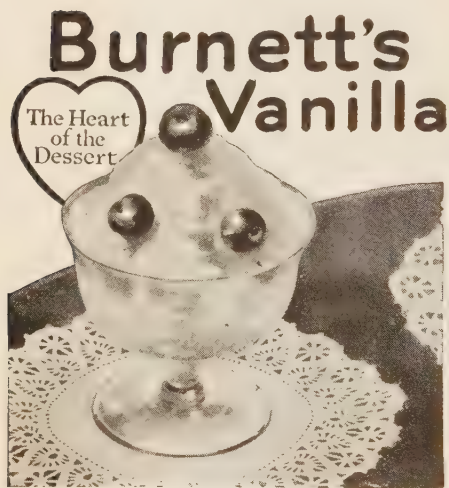
*Manufacturers of the famous Bolo Oven
and Largest Makers of Waffle Irons and
Cast Cooking Utensils in the World*



**It's all in
the iron**

The cream, sugar, ice, fruit, etc. in your ice cream—each costs more than the flavoring. Don't risk them with inferior extracts—use Burnett's.

*Your grocer can supply you
with Burnett's Extracts.*



Our Flag

"The American flag is draped over the main entrance to Symphony Hall, and will remain there permanently."

Why do I love our flag? Ask why
Flowers love the sunshine. Or, ask why
The needle turns with eager eye
Toward the great stars in northern sky.

I love Old Glory, for it waved
Where loyal hearts the Union saved.
I love it, since it shelters me
And all most dear, from sea to sea.
I love it, for it bravely flies
In freedom's cause, 'neath foreign skies.

I love it for its blessed cheer,
Its starry hopes and scorn of fear;
For good achieved and good to be
To us and to humanity.

It is the people's banner bright,
Forever guiding toward the light;
Foe of the tyrant, friend of right,
God give it leadership and might!

—Edward A. Horton.

We Will Keep the Faith

We sent them away with a smile—those boys in the olive drab—but behind that smile was a promise to "keep the faith." They are "over there" now and we are here with the goods, and we will deliver them. The goods which we are to deliver are the foods which the authorities ask us to leave for the men who are fighting for us and for freedom. There is plenty of nourishing food left for everyone. We are only asked to save for them the kinds of food most essential for sustaining them and which can be sent without spoilage across the water.

They want wheat, meat, fats and sugar!

What can the women of Massachusetts do about it? They can and will push it "over the top."

Let your light shine, set an example, use your influence—women of Massachusetts!



HIS STOCKING

is hung up in anticipation of getting something good. Among the things he likes best are those delicious dishes that mother made. You, too, can satisfy his palate and win his appreciation if you stock up on

STICKNEY & POOR'S STANDARD SPICES

Seasonings and Flavorings. Their absolute purity and dependability will add to the joys of the Christmas dishes.

For Goodness Sake, say **Stickney & Poor** to your grocer.
Your Co-operating Servant, "MUSTARDPOT"

STICKNEY & POOR SPICE COMPANY

1815--Century Old--Century Honored--1917

BOSTON, MASS.

Mustards--Spices

Seasonings--Flavorings

THE NATIONAL MUSTARD POT



Experience Is Not Necessary

Make it any way you wish
—the quality and flavor are
in the WHITE HOUSE Can.

When you drink WHITE
HOUSE Coffee you enjoy
to the fullest extent the de-
light which Nature provides
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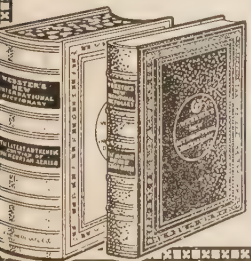
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Chairman of Conservation Committee
of Massachusetts Federation of
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"Do use one-third corn, rye, oatmeal, barley or rice with two-thirds white flour when you make your bread.

"Do this because we have got to send across the water 450,000,000 bushels of wheat.

"Do use butter only on the table.

"Do cook with oleo, vegetable oils, meat drippings and so on.

"Do use all the soap you need to keep clean, but not a flake more.

"Do save sugar.

"Do have your cake, but eat it without frosting.

"Do send meat to our boys abroad by eating in its place fish, poultry or baked beans.

"Do understand the reason for all this. Germany before the war raised four-fifths of her own food, England only one-fifth, France only one-half. Besides, Germany over-ate. So by efficiency and economy Germany has been able to meet her food emergency."

He was a typical gamin, so diminutive in stature that I had to stoop to interrogate him, which I did in this way: "Where do you get your papers, my little man?"

"Oh, I buy 'em in the *Times* alley."

"What do you pay for them?"

"Fi' cents."

"What do you sell them for?"

"Fi' cents."

"You don't make anything at that?"

"Nope."

"Then what do you sell them for?"

"Oh, just to get a chance to holler."

— *Denver Times*.

"She is suffering," said Mrs. Twickembury, "from an affectation of the eyes."



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He Knew How His Wife Talked

Three o'clock was the very earliest the man could get up to the store, says the *N. Y. Globe*, so his wife asked him to meet her then.

"I don't know in what department I shall be at that time," she said, "but just before three o'clock I will telephone to the clerk at the information bureau near the main entrance, and if you will just step over and ask him he will tell you where I am."

At two minutes past three the man sought information as to the whereabouts of his wife.

"I have a message," said the clerk, "from a woman who said her husband would inquire for her about three o'clock. Maybe it is for you. She said to tell you she had gone to Blank's store, over on Sixth avenue, to finish shopping, because the clerks in this store are impudent, the place is ill-ventilated, and she could not find anything she wanted here, anyhow, and never has been able to find anything here, and this is positively the last time she will ever try to find anything here. Of course, that might not have been your wife —"

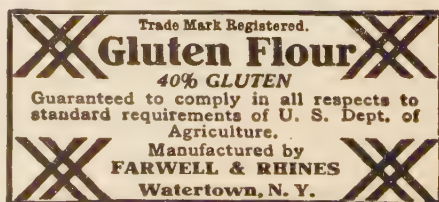
"Oh yes," said the man; "that was her all right."

The *Philadelphia Bulletin* says that President Wilson is fond of this story:

"Me and that off horse has been workin' for the company seventeen years, sir," said Winterbottom.

"Just so, just so," said the treasurer. "Both treated well, I hope?"

"Wall, we was both taken down sick last month, and they got a doctor for the hoss, while they docked my pay."



Dinners of Two Dishes

I

Chicken Gumbo Soup, Ryemeal Bread
Baked Indian Pudding, Cream

II

Fresh Fish Chowder, Pickles, Crackers
Canned Apricot Shortcake or Dried Apricot Pie

III

Lamb Stew
(potatoes, carrots, onions, pearl barley)
Lettuce, Apple-and-Date Salad
(French dressing)
Graham Bread

IV

Macaroni with Dried Beef, Cheese and Tomato
Rye Bread
Tapioca Custard Pudding, Sauce with Nutmeg

V

Shank of Beef Stew with Vegetables
Oatmeal Bread
Cored Apples Baked with Raisins

VI

Pigeons en Casserole
(carrots and canned peas)
Bread
Steamed Prune Pudding

VII

Chicken Pot Pie
Fifty-Fifty Dumplings (wheat and cornflour, 1 egg)
Lettuce, Celery-and-White Grape Salad
French Dressing
Whole Wheat Bread

VIII

Creamed Chicken (left-over) in Ring of Curried Rice or
Turkish Pilaf
Apple Pie.



LATTICE WORK HAS BEEN EFFECTIVELY USED HERE IN WORKING OUT THE OVER-MANTLE OF THE FIREPLACE

American Cookery

VOL. XXII

JANUARY, 1918

No. 6

The Fireplaces of Yesterday and Today

By Mary Harrod Northend

FIREPLACES came into existence in this country when the first log houses were built. Not like today were they of moderate dimension, but rather ample, for the kitchen was the centre of family life, social and industrial. Then the red light from the burning pine knots on the hearth glowed over all, repeating in fantastic pantomime on the brown walls and closed shutters the varied activities around it.

Today this is but a memory only, and there have come into vogue fireplaces, some for use, and some to look upon. To be sure, we still find, principally in remodeled farmhouses, broad, generous open hearths that welcome you, but generally they are formal basket grates, edged with marble and white woodwork that chill you, or gas logs peering out of tile-lined parlor mantles that are but a mockery of the old-time hearths.

Friendly fireplaces are of all sizes and proportions. They are faced and hearthed and lined with brick, stone and tile. Some of them have no over-mantles and are mere holes in the wall, while in others the mantle shelf is the principal feature. This is particularly true of those shown in Salem's houses, gracefully ornamented with hand-tooled carving by the hand of the great wood carver, Samuel McIntyre, whose name has made the architecture famous in the old historic city by the sea.

Each of these, irrespective of material or design, spells hospitality, which is the secret of any successful fireplace. If,

however, it seems to say, "I was designed by a very clever architect, my proportions are perfect, my mouldings, flutes and ornaments are absolutely classic, in fact, I am a very superior mantle," while you are sure of its correct details, yet it does not appeal. Furniture and architecture are human in their qualities, a comfortable chair by the side of the hearth is like good conversation, and the room can be gracious or impolite just as the fireplace makes an enemy or a friend of you.

Sometimes it is a little difficult to tell why a friendly fireplace makes it friendly. You are conscious of it just the same as you are conscious that a friend is well dressed, without knowing why. Seriously a fireplace is generally the one feature of the house that the man bothers about. The mistress is apt to plan the room and dictate the woodwork, telling all the things she wants. Here the man comes in and says, "Build my fireplace low and broad, six or eight feet, maybe that's too much, but go the limit on size. Have it so the boys can cluster around it, but it must be finished in brick or stone, for marble is repelling."

When a fireplace makes an appeal to the boys and girls as well as their friends, it shows it is hospitable. There are so many materials that can be used that one need never be at a loss. Brick and stone are the most trustworthy, more so than marble or glazed tile. This is because brick and stone are earthy. Marble reeks of the factory polishing machine. To be

sure, it can be used effectively and intelligently, still its very nature and cost show it is meant for the drawing room, and drawing rooms are generally stiff and formal.

Ever since Man has built a home, even in the days of caves and mud-brick hovels, the fireplace has been the most important feature, but even in those days, in order to have it successful, the draught must work. A fireplace has strange insides; there are throats, flues, linings, and dampers, all of which require the most careful adjustment and proportion in order that it does not smoke.

The successful fireplace can be worked out in many different ways. The rough stone quoins bonded with orange red brick, is always attractive. There is a softness of texture which makes a perfect background, all the more if one

hangs a strip of old Italian brocade from the ceiling beams down. Recess bookcases are in good taste; they add to the homeliness, while fire tools and andirons should be chosen with good judgment, even to the bellows, which adds a peculiar quaintness to a successful fireplace.

In the olden days, about 1800, every fireplace was finished with a stone heading. While this idea has gone out of date, yet it is shown in an old New England remodeled farmhouse, the owner deserving particular praise because he has worked out such an interesting scheme. The concrete lintel and the wooden angle boards cover the return of the wall on each side of the chimney breast. The owner is a wise and discriminating collector. One can easily picture him browsing in the old kitchens and antique shops to pick up the interesting toasting fork, *et cetera*, that hang at the fireside.



THE TILED HEARTH IS WORTHY OF NOTICE. ANOTHER THING WORTHY OF NOTICE IS THE USE OF THE OLD-TIME CORNER BRICKS IN THE DEVELOPING OF THE NEW FIREPLACE

The kettle is among old friends, even to the hearthstone, which should be commended, for it gives a dignity to the old wooden painted floor which is in accord with its trimming.

For a suburban home, the plain brick finish with a paneled wall above shows a charming Dutch flower painting with delicately carved electric brackets on either side. It is a proper and well mannered fireplace, friendly and gentle.

Of fireplaces there are no end and of treatment there are endless varieties. Particularly interesting is the reproduction of one of McIntyre's work in an old Salem house that came into existence after the fire that swept through the city. This is one that appeals: note the interesting carving and the simplicity, flanked on either side by enclosed radiators and window seats.

Today in the sun-parlor a fireplace has

become a necessity. It need not be an elaborate affair, just a simple, colonial thought with little or no over-mantle. This shows a huntsman's home with the moose's head mounted above taking the place of a mirror or other ornamentation while a trophy of the rod is displayed in the fish over the fireplace.

It is variety that gives charm to this feature, for if everybody followed one idea there would be no interest but a general sameness that would grow monotonous. It is the carrying out of odd ideas that are practical that appeal. Everybody has his own taste, fortunately for us, otherwise interest would lag in this special thought.

Entirely new and, while elaborate, particularly interesting is the lattice work which has been worked out over the fireplace. It is not much more expensive and yet it adds so much to the room, and



THE DUTCH PAINTING INSERTED OVER THE FIREPLACE IS INTERESTING

a painting introduced could easily be replaced by a mirror. This gives an Italian influence and is suitable only for rooms that are in keeping with the idea, as, for instance you couldn't be out of temper with a fireplace like this, because it has a generous hearth, so different from the small, stingy one often showing golden oak mantles, coal grates or even gas heaters.

Surely this is a novel idea and should be of interest to an artist. The painting of a frieze to insert over the fireplace between the lintel and the mantle is always interesting. As you sit and dream before the open blaze that crackles so merrily up the chimney breast you weave stories of the past as you gaze at the picture presented by the painting.

McIntyre's work has been carried out in this fireplace, which is more, however, of the Grinling Gibbons style, but it

surely is interesting, as it gives another thought on decorating the mantle. Years ago these were hand-carved, but the coming in of machinery has led to the designing of old-time work which can be done much more rapidly than in the olden days when weeks and months were often put in to the working out of one design; but it must be borne in mind that labor was cheaper at that time and that competition was not so keen.

For a bungalow this brick fireplace with the old-fashioned high-back settles on either side is worthy of copy. Anything that pertains to the days when our forefathers froze their backs while they scorched their faces sitting around the wide cavernous fireplace is appealing.

The first settlers of Essex County were compelled to resort to the quickest and readiest and in many instances, the cheapest method of heating their houses.



THIS PAINTING IS DONE ON CANVAS AND INSERTED OVER THE FIREPLACE. IT HAS A BACKING OF ZINC

In the Motherland, open fireplaces supplied their need; these could readily be made by piling stones at the end of the house, wall-fashion, in the form of three sides of a square opening into the house. When the height of six feet was reached a hewn timber was laid across the end, the front being utilized for a mantelpiece and the rest for the support of the front part of the chimney. This was carried up on all sides as high as the house, made smaller at the top, thus forming a large flue. The hearth was built of stone extending several feet into the room. Long heavy logs were piled inside, raised a few inches for the purpose of draught by fire dogs, later by andirons.

It is this picture that gives us the introduction to heating of houses in the early days. The evolution cannot fail to be interesting. As the forests were cleared and wood became scarcer these fireplaces were made smaller through constant bricking in. Then came the abomination for health, of the introduc-

tion of air-tight stoves.

Today we are following many of the ideas used in colonial days. This is especially true in fireplaces, which are constantly being constructed in every new house that is built. Therefore it cannot fail to be of interest to study what other people have done, when we are planning to build a home of our own or to introduce fireplaces into twentieth century houses.

The houses of our forefathers, though lacking in modern conveniences, yet were dwelling-places of comfort and contentment. They had also some attractive features, the chief of which was the old-fashioned fireplace. These provided not only an atmosphere of warmth and cheerfulness, but also an excellent means of ventilation and consequent healthfulness. Today it follows that no home, and especially no summer home, unprovided with a fireplace can be regarded as attractive or inviting.



A REPRODUCTION OF ONE OF SALEM'S OLD FIREPLACES, COPYING AS FAR AS POSSIBLE, THE 18TH CENTURY IDEA



A TOUCH OF OUR FOREBEARS' DAYS IS SHOWN IN THIS FIREPLACE

Longing

Oh, for an hour of Arcady,
A stroll in gardens fair,
Who could not tread with singing heart
Earth's hilly paths of care?

Oh, for a view of Arcady,
One glimpse of silver streams—
How it would light earth's early dusk
With its remembered gleams!

Oh, for a song from Arcady,
One strain from woodland harps,
To echo like love's first sweet words
Where life is keyed in sharps!

Oh, for a guide to Arcady,
To point the hidden way
Where midnight brightens into dawn
That brings no common day!

Ah, if we wake when years are past,
And with new light we see
Howe blind we were, how after all—
Our earth was Arcady!

Arthur Wallace Peach.

Children and Cats

By L. M. Thornton

JOHN and Almira Spencer were quite old enough to have a grand-child or two playing about them, and young enough to give their time to the frivolities of the day. Had she been a bachelor girl, she would have bleached her hair, worn a corset three times smaller, and adored tennis. As a widower, he would have gone in for golf, danced a little when some pretty girl tempted him, and considered himself getting well up toward the prime of life.

Having married young, they settled down to a quiet domestic life and, at the time Beelzebub and Cleopatra adopted them, had gotten to that delightful period of married felicity where each understood the other's peculiarities and each knew the other too well to start a quarrel.

The first ruffling wave on their domestic sea came in the form of a letter from their landlord stating that he had sold the house that for the past fifteen years had been their domicile. Before they had memorized the letter, and during the period when one or the other took it from its envelope, at least, once an hour to see if they had really read it aright, Mrs. Spencer heard a peculiar sound at the door and, opening it, was amazed to see Beelzebub and Cleopatra walk calmly in. They were not Beelzebub and Cleopatra at that time, only two half-grown, thin and starving cats, one tigery brown and the other black, white and yellow—"a money cat" she remembered having called a kitten that looked much the same in her childhood days.

"Scat!" said Mr. Spencer.

"Kittie," said Mrs. Spencer.

"We can't have tramp cats around bringing disease and fleas," grunted the man behind the newspaper.

"We won't turn two poor, starved kittens out without feeding them," com-

mented the woman, busy pouring milk into a saucer.

The cats were fed, and when they couldn't sneak into the house they slept under the porch or in the shade of a pile of boxes in the back yard. Mr. Spencer growled about a woman so easy that she let her neighbors impose upon her by dropping surplus cats on her porch, and when he went to the market paid the butcher for scraps of meat with which he surreptitiously fed them. Mrs. Spencer said she was going to get a boy to put them in a bag and drown them. Meanwhile she fed them, and they grew long, but not fat. Their backs were lean and their fur ragged, and no amount of affection for them could have transformed them into beautiful felines.

Meanwhile the two upon whom had devolved the responsibility of Beelzebub's and Cleopatra's welfare were house-hunting. In narrow streets they found wholly impossible habitations. In aristocratic neighborhoods they found properties quite desirable until they learned the rent asked for them, and then one afternoon they came upon the right place. A clergyman resided next door; there were no children in the block, and a sign on the apartment opposite proclaimed it the residence of a fairly well-known physician.

That night, the lease having been signed, Mr. and Mrs. Spencer went home elated. They had a special steak supper in order to properly celebrate their good luck, and then their newly acquired responsibilities, dashing into the room and clambering one against the lap of Mr. Spencer and the other against his wife, reminded them that something must be done. The neighborhood into which they were going surely had no place for tramp cats.

The next morning Mr. Spencer took Beelzebub with him when he went to the office, and walked a dozen blocks instead of taking a street car; then he dropped the cat over a high board fence, signalled a passing cab, paid half a dollar for a ride, and was met by a frowning boss, who had seen him riding up to the office in a cab an hour after the time when he should have been at work. When he reached home that night Beelzebub was waiting to greet him.

Mrs. Spencer gave him to the countryman who brought her fresh vegetables the next Thursday, and slipped a dollar into his hand when he had promised to be good to him and let him have all the fresh milk he could drink. Perhaps he might have taken him farther than around the corner, but she had told him she was moving the next week and, since he had lost her as a customer, why worry because the cat got out of the bag in which he had placed it and he was unable to capture it?

Up to the very day when the dray came to take their goods, no plan had been made for disposing of Beelzebub and Cleopatra. Mr. Spencer had very generously left the whole matter to his wife, and not until the last chair and table had gone and it was time for her to rush for a car, if she hoped to be at her new home in time to direct the placing of her best furniture in the rooms in which it was to go, did she realize that "something must be done." She removed from the basket in which she was carrying her lunch a generous piece of meat, called "Kittie," "Kittie," in her most encouraging tone, threw the meat down the cellar stairs, and, as the cats rushed down after it, closed and barred the door. Then she locked the house and, being inclined to be fair, solaced herself with the thought that the usurpers who had bought her home might as well have Cleopatra and Beelzebub thrown in.

For two days she was busy settling and straightening and getting everything

in shape for the first call, which she knew critical neighbors would soon make, and, whenever a question as to the welfare of the cats introduced itself, she put it from her as she brushed dust from the bookshelves and cobwebs from the store-room. That night Mr. Spencer remarked that just because he had an extra hour's time he walked out past the old place, and the new family hadn't moved in yet. Mrs. Spencer nearly dropped the dish of creamed potatoes she was passing him. Hadn't moved in yet and Beelzebub and Cleopatra starving in the cellar!

"Seemed as though I heard an odd sound as I was going past," her husband continued. "You didn't forget and leave one of the cats locked in, did you?"

But his wife made no answer, and the postman's opportune arrival saved her the humility.

The letter which he brought was a surprise. It was their second communication from their former landlord, and stated that, the deal having fallen through, he had decided not to sell the place, and if they wanted it again, he would do the painting and make the other improvements, which Mrs. Spencer had wanted for so long, and they could have it for the same rent as formerly.

"Of course, we won't move back!" snorted Mr. Spencer. "Look at the size of our parlor here, and think of what a neighborhood! Why, some of the best people in the city live right around here, and we'll soon have folks just as good as the boss ringing our front door bell or coming in the side way to borrow sugar. Let him have his old house; he wanted it so bad."

That night Mrs. Spencer could not sleep. At ten o'clock she rose, put on a dark dress and long coat, took her purse and a mysterious bundle which she had hidden at supper time in the refrigerator, and started without awakening her lord and master, supposed to be asleep in the adjoining room. Boarding a cross-town car, she rode to the corner nearest her old home and, getting off, walked up the

familiar steps and unlocked the door. A vigorous mewing sounded in her ears, and a moment later a dust-covered woman was seated on the lower steps of a flight of narrow cellar stairs, crying over two hungry, ragged-furred cats as they devoured fresh fish and lapped milk poured by a trembling hand from a bottle into a broken saucer.

As she sat there she heard a sound that caused her to turn white with fear. She had forgotten to lock the door, and someone was walking across the kitchen floor. The steps paused at the cellar door, and then Mrs. Spencer fled to the farthest corner as a heavy, masculine tread announced the sex of the intruder. She heard the sound of tearing paper; she saw Cleopatra jump to catch a piece of meat evidently held down to her, but through the darkness she could see nothing of the hand that held it or the form so near her in the small, damp room.

Horrible tales of murder done in just such places flashed through her mind,

and then she heard the sound of a voice, a dear, familiar voice. "Kittie, poor Kittie," it crooned. "I thought I heard you this afternoon, and I couldn't sleep for fear you might have gotten in some place about the old house where you couldn't get out. You poor cats, I've missed you every minute since we moved, and darn a place that is too aristocratic for children and cats, say I!"

"John," the voice was tremulous, "I worried, too, and I beat you getting out here. They've had enough for one night, and don't you think we'd better be going back and to bed, for I want to have the rugs rolled up and the burlap about my maple dresser before the dray gets up for the first load. You order it on your way to the office, and, maybe, if we have good luck, I can get things in shape so we can have a celebration dinner here in the old place by the time you get home. We'd better make it a fish dinner; Beelzebub and Cleopatra are always partial to fish."

The Extinguishing Home

By Emma Gary Wallace

THE ideal home is where people are at their best, because restraint is removed and each is allowed and encouraged to live the life most suited to his best all-round development. In such a home, ambitions are understood and encouraged, and each is ready to sympathize with and to help each other. The atmosphere of every day radiates a genial spontaneity in which everyone is unconsciously at his best.

This should not be a difficult or a rare sort of an establishment to find, and yet the fact remains that there are many well-organized and apparently prosperous homes where an indescribable element of suppression is plainly felt.

"I didn't know that Mr. Smith could be so jolly," the Philosopher remarked

one day. "I have boarded in the family for two years, and always thought him a decidedly silent, reserved man until last night at the Armory sociable. He really astonished me. He was so responsive and brilliant. I cannot quite understand why he saves this side of himself for those beyond the walls of his own home."

"And I," returned the Cynic, "have not failed to notice that his daughter, Alicia, is singularly merry and popular when away from home, and a strangely demure little thing beneath her own roof. I suppose that is to be expected. People, like things, are not what they seem.

"When you come to think of it, Mrs. Smith is a most capable woman in many ways,—strong-minded and of unusual

excutive ability, and yet for some reason or other she dominates everyone about her. I never eat plums, yet Mrs. Smith has absorbed from some source the mistaken idea that I am especially fond of plums. She serves them to me whenever I go there, always remarking archly that she has not forgotten my predilection for this particular fruit; and, in place of declaring my independence by throwing off the yoke of her apparent kindness, I eat plums in prodigious quantities and keep still about it."

The Philosopher laughed gleefully.

"Yes, I believe the Smith home can be catalogued as of the extinguishing variety. I have met several such in our own circle of acquaintances. Take the Lumley's back in the town of Claire. We both know that no individual in the wildest moments of delirium could accuse Mrs. Lumley of being capable of strong-minded, or of subduing or quelling her family into silent quiescence."

"Right you are," the Cynic agreed. "I hadn't thought of the Lumley's in months, but as I remember the family they were all dead and merely awaiting a decent burial."

"It might look so on the surface," the Philosopher returned, "but in reality Mrs. Lumley is a kind little woman, but entirely without an idea in her head beyond cooking and making and mending. She is absolutely incapable of comprehending Lillian's desire for an education or John's interest in mechanics. The result is that, whenever the poor lambs have tried to talk a broader horizon or the joy of seeing the wheels go around, Mrs. Lumley has dissolved into tears and accused them of ingratitude and heartlessness, and demanded an explanation of the problem how she and their father are to live without them. She simply cannot understand that their children are individuals apart from herself, and while her lack of understanding and sympathy has not destroyed their hopes wholly, it has checked and restrained them."

"I believe you are right," returned the

Cynic, with a twist of her mouth and a shrug of her shoulders, "but it does seem too bad for those young people, who are really capable of wonderful things, to be squelched in this manner. If fat, little Mrs. Lumley would only wake up and encourage them, her children might be famous. In place of living from hand to mouth, as they are doing now, they might have a bright future together.

"By the way, there is the incident again of our mutual acquaintance, Edna Greer, who married a few years ago. We both have visited in that home, and for some reason or other Edna is strangely different from what she used to be. She entertains beautifully and is apparently interested in us, but there is a subdued element there I have never been able to analyze. Ned Greer is a fine fellow, and the baby is a darling, but a visit to their home is always singularly disappointing,—sort of like a dish of porridge with the salt left out."

"I have noticed the same thing," returned the Philosopher, "and for some time I could not understand it. It was only upon my last visit to them that the solution became as clear as day. You know Ned's mother lives with them. She is a very fine woman, and Edna and she get along as well as the average mother-in-law and daughter-in-law, but the fact remains that, without meaning to do so, she rules the roost. Edna is never able to have a friend or a caller without the elder woman's constant presence. She jealously resents being left out of anything, and yet she does not enter joyously into their mode of living.

"Her own method of ordering her household and economy were along such different lines that her whole attitude bristles with silent protest and disapproval. She says little, but 'actions speak louder than words.' They might all be so happy together, for Edna is an up-to-date woman in every respect, but in place of the elder woman's presence being a mellowing influence, and leaving Edna and her both a greater degree of free-

dom, it acts as a sort of wet blanket which chills and causes you to shrink into yourself in spite of all you can do."

"But how about the Booths?" the Cynical One retorted.

"One senses something of the same atmosphere there, and yet it is Florence Booth's own mother in that case. Surely there should be no misunderstanding in such a relationship. I do not want to feel that the last prop is knocked out from under my happy logic."

"Not misunderstanding, but a distinct resentment," the Philosopher said quietly. "Florence's mother has never acknowledged to herself even that her daughter is grown up and her own mental equal, at least, and so she continues to interfere in the household management and to make the training of the children difficult. It is their resentment that makes it hard for Florence. She wishes to be just to both, and it is almost impossible to carry water on both shoulders and not to spill some of it."

"Dear, dear!" returned the Cynic. "I have a horrible confession to make. No one has ever gotten under my shell but Tom. That is how I happened to promise to marry him. The rest of you all think of me as possessed of a spirit of doubt and teasing. Tom alone knows the real me. We have planned such a happy home together, but you scare me. What, after all, if it should prove to be one of those 'extinguishing homes'?"

The Philosopher laughed, but there was a note of anxiety in her merriment. "Forewarned is forearmed," she declared, "and I am going to tell you right now that I have been fearful of that very thing. I have wondered if I ought to warn Tom. You have always made a sort of fetish of formalities and ceremonial observances. Tom is one of the most natural, easy-going fellows in the world. I have wondered, if you would sacrifice his comfort and joy in home freedom to modern furnishings, spindle-legged chairs and stiff dinner parties."

The Cynic looked startled. "I sup-

pose," she returned sweetly, "that you would have me indulge Tom in going about without a collar and unshaven, and would urge me to have a carpet-covered lounge in the middle of my reception room, so it would be handy for Tom to put his feet on."

The Philosopher had leaned forward. She was a woman Philosopher, you know, and covered the Cynic's hand with her own warm, strong one.

"There is no weapon with which we can extinguish a home sooner," she said, "than the weapon of sarcasm."

"You remember the case of Norah Wright, do you not? Her husband had less education than herself. In fact, she prided herself she was of a better family than he. Her marriage was a disappointment in that she was prevented from finishing the college education of her ambition. She never lost an opportunity, before friend or foe, to show her superiority over Ned Wright. She made him feel like a worm, and I have seen him many times when he would have considered thirty cents a high price for himself and all his endowments. The very way Norah would lift her eyebrows was maddening. It told Ned he had made a grammatical error or a break of some kind, and the dull red would mount slowly from his collar to his hair. Norah finally had leisure to finish her college education, for she lost Ned, and while neither has to put up with the other to-day, yet one pities the poor kiddies."

"All of which brings one to the point," the Cynic returned a trifle anxiously, "of wondering how far one is justified in going in removing from one's environment different things that grate or suppress or tend to extinguish the radiant light of home."

The Philosopher's lips were set in a firm line and her eyes were flashing.

"I am convinced," she said with decision, as she arose and smoothed her black satin dress about her trim hips, "that each home fails unless it is a unit, unless it is spontaneous and helpful, un-

less tastes are congenial, and each is ready to bear with the other, to overlook and to excuse. Surely anyone who is resourceful and strong should be able to so clarify the atmosphere that the irritating particles may be removed. Personal ambition may have to be suppressed; one may have to cultivate extreme charitableness,—but “charity covereth a multitude of sins.” It may mean an entire rearrangement of domestic affairs,—but why should one flinch when the happiness of a home and, perchance, the shaping of the lives of the children in a home are at stake?

“You and I are not inanimate pebbles on the shore, to be washed and worn into fantastic shapes by the beating of the tides. We are thinking, human beings; we are the mothers of the race. Then let us rise to the destiny which calls us, and not submit with stupid resignation to

conditions which are not right for anyone’s comfort. It is easier many times to drift with the tide, rather than to pull for the shore, but woman should not demand the right to reach out her hand for civic and national control unless she can prove her ability to be the queen of her own sphere. There is nothing sadder in this wide world, except the grief of a little child, than an extinguishing home, and too often even the children’s griefs may be traced to that.”

“I think,” said the Cynic gently, as she rose to lay another log upon the fire, “that I will order my traveling gown of snuff-brown velvet. Tom dotes on that color because he says it blends with my hair and eyes. Personally I think I look like a frump in brown. I had practically decided on amethyst with Madam Celeste this morning. Excuse me, and I will telephone that I have changed my mind.”

Jamaica and Jamaican Dishes

By Josephine Howard

JAMAICA, seven degrees above the equator!” When first I read these uninspiring words in the guide book, curiously enough my housekeeping heart leaped, and visions of rare and luscious tropical fruits danced in my head,—those fruits which I had never seen, but for which I had yearned ever since the days of my childhood, when they had aided in sustaining Robinson Crusoe, the Swiss Family Robinson and other denizens of deserted but magical islands.

In reality, however, Jamaica proved to be “another story,” for its larger hotels are conducted by British syndicates and there the tourist is served with a cosmopolitan dinner consisting of English substantials and French frivolities, with only a few tropical dishes thrown in as a subtle concession to the traveler’s longing

for varied culinary experiences. Such concessions are the entire experience with tropical cookery which most visitors have, for a majority of those who disembark upon the beautiful island stay only at the hotels at Port Antonio or at ill-fated Kingston, and in both places foreign influences have somewhat perverted the native cookery. But if it is possible for the traveler, getting away from the towns, to stop on a plantation on the coast, or to stay at a bungalow up in the hills, he may then begin to have real dietetic experiences, and will have an opportunity to choose meals ranging from a mess of roast yams to a five-course genuine, tropical dinner.

Should he choose yams, they may be cooked by a native squatting in front of a wattled shack and stirring the contents of a kettle hung from a tripod over a

fire of sticks. This kitchen is bounded only by the trees, the sky and the horizon and, judging from the look of placid contentment on the cook's face, as he pokes the yams in the ashes or stirs the plantains he is boiling, his soul does not recognize even these limitations. But should the more formal repast be selected, it will probably be cooked by three or four ebony-visaged, much be-turbaned, native women in the small kitchen across the court from the bungalow. For in many of the better houses in Jamaica the kitchen, bathrooms and "offices" are in buildings detached from the dwelling house, and the meals are all carried across the open space to the dining room.

A typical bungalow kitchen is a small, but picturesque, one-story house made of stone, covered with white plaster. The openings are two tiny windows, a door and a chimney which is constructed to carry up half the smoke from the fires, leaving the other half to permeate the air and make an atmosphere that would do credit to a tepee on our own plains. On the hard dirt floor at either end of the kitchen is a solid stone wall two and a half feet high and two feet wide. On these walls, at different spots, fires, perhaps of mahogany sticks, are built, and above the fires massive iron kettles are hung from tripods. When their contents require an especially strong heat, the kettles are covered with heavy iron lids, upon which another fire is built. In some large kitchens an open fireplace serves for roasting meat, but, in general, the kitchens are small, and their furniture is reduced to the lowest terms. The paucity of furniture seems to be neutralized by the number of people that are required to prepare and serve the simplest meal, and the old proverb that "many hands make light work" is here every day exemplified. So the cooks find time to stand and gossip while they superintend the various dishes; chickens and ducks wander in and out at the door; dogs lie about expectantly (no

self-respecting tropical dog, however expectant, sits up), and a row of fat, white pigeons or "gru grus" sit upon the roof tree gurgling a soft accompaniment to the chatter which is going on beneath them. No one, cook, chicken, duck, dog or pigeon, minds the smoke that hovers all about and mingles its fragrance with that of the orange blossoms above the roof, making a curious combination to the uninitiated nose.

The Jamaican cook, however, like the colored cooks of the South, is often an artist. As we drove up to the house upon one banana plantation where we had been invited to stay, we met the cook coming leisurely up from the river. She was followed by her young assistant, a tiny East Indian coolie, whose arms, covered with silver charms, presumably to ward off evil, bore under each of them a recently killed chicken. As she trailed along, she alternately snatched a feather or two from either fowl.

A couple of hours later these same chickens, a little more denuded and stuffed with boiled rice, mixed with oil in which some of the feathers still lingered, were served to us. A few feathers had apparently been reserved as a garnish for the gravy, yet the seasoning was so excellent that they were consumed to the bones with much smacking of lips and many words of commendation. Since the methods of the native cook of the by-ways testify that our northern, strenuous germ, consciousness, is unknown to her, it seems possible that this very fact has allowed her talents to develop along the lines of seasonings and flavorings. At any rate, when consuming some of the achievements of these daughters of the banana tree, and comparing them with those of our own back country districts, the struggle of the temperate zone after hypercleanliness seems naught but a farce.

Until three years ago, at Mandeville, a beautiful town high up in the interior of the island, there was a pension, the home of two extremely intelligent Jamai-

cans, a brother and a sister. On their small estate they had attempted to gather every variety of Jamaican fruit and flower, and in the course of years their home, which was small in extent, had become great in the fame of its charm and its cookery. Here the English Governor General stayed on his visits to Mandeville; here the great historian, Froude, made his home during his vacation in Jamaica, and was so impressed with their house that he gave it delightful space in his well-known book, "The English in the West Indies." In the guest book of this little bungalow could be found many names of both Englishmen and Americans distinguished in diplomacy or letters, and such a history gave the small house a peculiar interest for all sojourners at Mandeville. One Yankee, who had repeatedly been a guest there, was so much amused by the cooking methods, which he deemed unnecessarily primitive, that he purchased an American cook-stove and sent it down as a present to the cook. Going back a few months later, he found that the stove had been set up, used for a week or two, and then discarded, and later completely demolished as being "so much trouble, sah."

It seems to be true that primitive minds need primitive methods, and this principle displays itself in the way the materials for cooking are procured. Where a household, like the Mandeville pension, is old and well-established, certain things are brought to the house every day by their producers. There the lady of the house sat with her work before a large window overlooking the court, and upon its wide sill every article was rigidly inspected before it was turned over to the cook. But in many cases the major part of the supplies are bought at market on the regular market days. In either case, supplies do not pass through the hands of a succession of grocers' boys and delivery men, but come to the house on the head of some native, either the seller or the servant

who has gone to market for the express purpose of burden bearing. Custom is the source of all laws, and, if there were only one law in Jamaica, it would be this: "Every article must be carried upon the head." A large tray of yams, a bottle of coca-cola, a great brown coil of tobacco, a basket of pineapples, even a prayer book on its way to church, each and every one naturally finds its way to the head of its owner. One man insisted that he saw a child go into the post office, purchase a stamp, and put it upon her head, placing a small stone on top to keep it from falling off. In front of our house a child of some thirteen summers, carrying on her head a large mahogany tray filled with yams, picked up a stone and threw it at a pig that was obstructing her pathway, at the same time administering a vigorous kick, but in no way disturbing the balance of the vegetables that had been destined for our dinner.

The market, coming on certain days of the week, is the great social opportunity, and a colored woman, dressed in a tapioca stiffened and absolutely spotless white dress, with the skirt drawn up over a rope tied about her hips, will sometimes walk thirty miles to market, carrying a heavy burden on her head. The privilege of a friendly gossip and interchange of views is so much prized that a native will sometimes refuse to sell her produce at a higher price near home, because she wishes to reserve it as an excuse for a day of visiting in the market place. In this market are displayed all those fascinating things of which we read in the physical geography of our childhood: plantains, yams, bread-fruit, limes, mangoes, guavas, custard apples, cashew nuts and a dozen other tropical delights. Many of these things have no keeping qualities whatever, and it is easy to see why some of the most famous Jamaican dishes, such as fried ackees and matrimony (custard apple mixed with orange) or stewed guavas with cocoanut cream could never

be reproduced in the neighborhood of New York. Even some of the fruits that gave promise of being good, if brought directly through without any loss of time, proved upon experiment to lose their flavor or to be entirely spoiled by ocean travel, but there are a number of dishes that can be made with the materials found in any temperate-zone kitchen, and some of them are well worth trying. A dozen of these, which seem not to be found in the standard cook books, have made themselves a permanent welcome in our household, and they are added here as possibly suggesting some variations in the menus of other homes.

Cocoa-nut Pudding

One hard cocoanut, one-half pound granulated sugar, eight eggs, three tablespoonfuls powdered sugar.

Grate the cocoanut and beat the eggs very light, reserving the whites of three for a meringue; beat in the sugar, add the cocoanut, and bake in a buttered pudding dish. When nearly done, beat the three whites with the powdered sugar, spread over the pudding, and bake to a light brown. This should be served at once, and it will serve eight.

Cocoa-nut-and-Tapioca Pudding

One-half cup tapioca, one pint milk, two eggs, one-quarter pound granulated sugar, one teaspoonful butter, three heaping tablespoonfuls grated cocoanut.

Mix the tapioca with the cocoanut; add the milk, beat the two yolks of the eggs with the sugar and mix with the rest; stir in the butter and bake in a greased pudding dish set in a larger dish of hot water. When nearly done, beat up the two whites with two tablespoonfuls of powdered sugar, spread over the top of the pudding, and bake to a light brown. Serve either hot or cold.

Cocoa-nut Biscuits

One hard cocoanut, whites two eggs, one cup granulated sugar.

Grate the cocoanut fine; beat the whites of two eggs until stiff; mix in the sugar little by little, and then by degrees add the grated cocoanut, beating all the while. With the hands, lightly floured, roll this mixture into little balls the size of a walnut, and bake them on an ordinary greased cooky pan. Set in the oven at 245° for about fifteen minutes, and then make it a trifle hotter so that the cakes will brown a little and harden at the bottom. Otherwise they are likely to crumble when handled.

Cocoa-nut Ice

One-half pint cocoanut milk, one cup sugar, one pint water.

Boil the sugar and water together for five minutes; add the cocoanut milk and boil for two minutes more, then cool and freeze. This will serve five persons, and it has a faint flavor that is most refreshing. If a larger quantity or a stronger flavor is desired, it is very easy to obtain it by soaking grated fresh cocoanut in milk for two hours and then draining it off, and using the extra milk in the same manner.

Tomatoes and Eggs—A Savory

Three eggs, boiled hard, three medium sized ripe tomatoes, a tablespoonful butter, salt and pepper to taste.

Chop the boiled eggs rather fine; cut up the tomatoes, mix them together, place the mixture in a frying pan with a tablespoonful of butter; add salt and pepper, and when very hot serve on rounds of buttered toast.

Pineapple Jam

One pineapple, two cups granulated sugar, one pint water, one-half teaspoonful ground cinnamon.

Peel the pineapple, removing the eyes and the core. Stew the core in a little water until the flavor is extracted; chop the rest of the fruit fine, place in a pan with the sugar, water and juice from the core. Stew to the consistency of jam. This is good eaten hot with boiled rice,

in true tropical style, but it is also good, cold, with bread and butter, or used for filling in small tarts.

Pickled Bananas

One pound white sugar, one-half cup strong vinegar, one-half teaspoonful cinnamon, one-fourth teaspoonful mace, one-fourth teaspoonful cloves.

Tie the spices in a clean bit of cheesecloth and boil them with the vinegar and sugar in a small saucepan until they are thoroughly incorporated. Then cut four hard bananas into three pieces, each, and boil them in the syrup until they can be easily pierced with a wooden toothpick. Allow them to cool in the syrup, and later drain it off and set it aside to use in more pickling. These are very good served with cold meat, and will also help out when vegetables are scarce.

Pine Drink

One large, ripe pineapple, one gallon water, one good-sized piece ginger root, one pound sugar.

Cut off the top of the pineapple, wash thoroughly and scrub with a stiff brush, then cut all in small pieces, rind, flesh and core; add the ginger root bruised, the water and the sugar. Shake thoroughly, cover tight and leave in a warm place for two or three days. When it

takes on a bit of "tang," it is ready for use. This is not alone a good drink in itself, but it makes a delicious foundation for lemonade, cold tea or any other of the drinks that can be flavored with fruit juice. It is said that it must be bottled if it is to be kept, but it has stood in the refrigerator for over a week without showing any deterioration whatever.

Pineapple Snow

Two eggs, one pint milk, four tablespoonfuls pineapple jam, one teaspoonful strawberry syrup or other flavoring, two tablespoonfuls sugar.

Make a custard in the usual manner with the yolks of the eggs, the milk and the sugar; flavor and set aside to cool. Beat the whites to a stiff froth and add two tablespoonfuls of sugar, beating until stiff; then add the jam by degrees to this. Beat all smooth and light and place in a glass dish with the custard poured about it.

Sweet Potato Pone

One heaping cup boiled sweet potato, riced when cold, one egg, one tablespoonful butter, one tablespoonful brown sugar, one cup cocoanut or cow's milk, pepper and salt to taste.

Mix the potato, butter and sugar, add the beaten egg, then the pepper and salt, and bake in a moderate oven.

Fair and Fine Will Be the Morrow

Heart of mine, O heart of mine,
Laugh a little! Fair and fine
After black and grief of sorrow,
Fair and fine will be the morrow.

Mirth and pain, and mirth again—
So the rune reads, stark and plain—
Grief and pleasure, joy and woe—
So it reads where'er we go.

But as sure as turns distress,
Does the wheel bring happiness.
If today show red of sorrow,
Fair and fine will be the morrow!

—*Mary Carolyn Davies.*

A Housekeeper's Notes

By Julis Davis Chandler

TURN hot water into the jar from which cherry or other preserve has been taken, and use it for flavoring lemonade; mix juice from apricots, pineapple, or quince, and put syrup from these into baked apples, jellied apples, or apple tapioca.

Put the last of the grated horseradish into the pickle jar to help keep the vinegar in good condition.

Sauté vegetables for a soup or Spanish sauce in hot oil to a golden brown (lighter rather than darker in color) before stewing them.

Sauté blanched and dried rice in hot fat before boiling it, then dress it with onion, mushroom or maitre d'hotel sauce.

Sprinkle fried bread crumbs, paprika and celery salt over string beans cooked for the table.

When half an onion has been used for flavoring a dish, drop the other half into ice-water that it may not absorb germs floating in the air and be unfit for use.

Apple juice or the fruit itself combines well with many fruits and small berries, extending these without detriment, and reducing the cost which otherwise might be, in some cases, prohibitive.

Just a little pineapple will flavor a large dish of milder fruit; so will quinces and oranges combine with apples for marmalade. A base of apple juice with cherries, peaches or strawberries often makes a good jelly which otherwise would be syrupy, for it is difficult to make cherry and peach jelly without apples unless one takes the fruits quite green.

Experiments show that cranberry juice added to fresh strawberries makes a preserve of fine quality, since the cranberry assists in keeping the strawberries' own flavor, which is often lacking in preserves; also, it is said to assist in keeping

their color.

Quinces cooked with cranberries for a jelly are fine; use about one-third cranberry to two-thirds quinces, and proceed as for any jelly. Very mild quinces are improved by a little lemon juice and grated peel, but quinces usually have so much distinctive flavor they will bear toning down with apples and pears. Do not forget that even a few quinces are useful; add them to apple sauce, apple pie or pudding.

A Wonderful Fuel!

WONDERFUL fuel!" we remark, when we learn what our good friends burn in their cook stove (in California) and to heat their handsome home the year around.

Peach pits or peach stones! Think of it! Peaches sufficient from their orchards to furnish the entire amount of fuel for a good-sized family. And at no real cost, being a by-product, left after the drying season is over.

Besides all the fruit shipped, these peaches are cut in halves and dried on the place.

A Robert Burns Supper

ROBERT BURNS' birthday in January is often the occasion of a Burns evening, when Scotch songs are sung and stories told, and Burns' poems are read and Scotch history is recalled.

A surprise party was given for a young lady whose birthday is on the same date, January twenty-fifth. For refreshments, handed about informally, there was plenty of choice tea, with either cream or lemon, and hot scones, made partly of cooked oatmeal, and eaten hot with butter. Some had seedless raisins in them. These were made like shortbread and well baked without burning the raisins.

There were rye bread sandwiches with flakes of smoked Scotch fish in them, olives and pickles. Also plain buttered bread to go with preserved strawberries, or apricot marmalade, home-made from the California Moorpark apricots. Then came the surprise in a huge birthday cake from the confectioner's, with layers of maple-nut and mocha icing. It was surmounted by a design of glacé fruits forming a medallion. With this was a fruit punch made largely of Loganberry juice, with ferns to decorate the glasses. With the Loganberry juice was mixed Scotch ginger ale, lemon and orange juice, sugar and water.

New Ways of Growing Celery

CELERY is now grown in long tiles; this makes the celery very tall, tender and white. It brings a very much better price, and is sold to fashionable hotels and railroads for dining cars.

Even if one cannot cultivate celery for eating, it is well worth while to spend a few cents for celery seeds and grow

some for flavoring for soups, gravies, dressing for fowls, etc.

Enhance the Kitchen Seasonings With Sweet Herbs

There never was a time when good cooking was more discussed and ways of making plain dishes savory and common staples welcome in new forms.

Grow sweet basil, thyme, marjoram, chervil, chives and sage; try dill and caraway, also, and purchase five cents' worth of bay leaves.

Infuse extra pieces of cucumber in vinegar to have the vinegar for salads, when the cucumbers are out of market; make tarragon vinegar also, and celery-and-red pepper vinegar. If onions become a luxury, have even onion vinegar or onion and garlic salt to use quickly for dishes requiring a little. In this form one's hands and working table, or sink boards, are free from odor; this is most acceptable to those doing light house-keeping and carrying on their own culinary affairs.

Wheat Middlings

Editor, AMERICAN COOKERY:
Dear Madam:

In the columns of *AMERICAN COOKERY* I have never read of the use of middlings in place of flour and meal; there are white middlings and gray middlings—latter used mostly for cattle.

The white middlings I have substituted for part of the wheat flour in raised bread, and there is scarcely any rule for gems or muffins when half white middlings couldn't be used.

I purchased twenty-four and a half pounds at seventy-five cents in August. It is about \$3.20 per 100 pounds at present. These can be best purchased of a

firm in Manchester, N.H., when they are milled—McQuiston & Lewis.

Near our summer house is a family of two adults and five children—poor, but not ignorant—who have had no other flour or meal in the house for more than two years. They are all perfectly well nourished. These middlings do not contain sufficient gluten for raised bread without some flour, but I have eaten griddle cakes and a sweet spice cake baked in a sheet and cut in squares that are very good substitutes for more expensive cakes.

I consider it very great economy.

A. P. WILSON.

Food Conservation and the Servant Problem

By Florence L. Clarke

WHEN the housewife does her own work, food conservation is a simple matter. It is all in her own hands, buying, planning, preparing and serving. But when her problem is to prevent servants from wasting, it is not so easy.

"My girl wastes more than her wages." Haven't you heard it said some time or another? The more the help the more the waste can become, which reminds me of the garbage man who said of a family with several servants who moved into his territory, "Gee, but I'm glad they came. They have just swell garbage." On the face of it, the remark could be construed as an indictment of the servants, but in reality was it not registering the charge of either inefficiency or negligence against the housewife?

A short time ago we had a hotel in our town that was running in debt. A new manager was placed in charge. At the end of a year his books showed a profit of \$3,000. When asked how he had done it, he answered, "There isn't an egg used in the hotel without my knowledge." He employed half a dozen girls. How many housewives with only one maid do you think can say as much? Yet, obviously, if we do not make a daily accounting of supplies and their use, we are not running our business in a businesslike way. It is perfectly clear, also, that if things go into the garbage pail that should not, the real responsibility is ours, not the maid's. Proper supervision will prevent waste.

Of what shall the manner of supervision consist now that we would loyally support the food conservation movement? I am getting good results by following this plan in our family. I pre-

pare the menus with great care and give personal attention to the supplies to be used, those on hand as well as those to be ordered. Having given my maid the menu for the day, I plan with her carefully just how much of each dish shall be prepared, instead of leaving it to hazard or the cook book with its "portion for six." By this means I reduce the chance of left-overs to a minimum. Indeed, I find they can be made almost a negligible consideration by giving such thought and attention beforehand.

After each meal I stay in the dining room and kitchen until the table is cleared and the food has been taken care of. Food goes into the ice box, bread box, or garbage can as I see best. It is not left to the help to decide. As I figure it, I may not have a more intelligent idea in the matter, but it is certainly an affair of greater import to me than it can be to an employee whether bread and butter and other items that are left after the meal are carefully conserved or thrown away.

But, perhaps, someone says, "Doesn't your girl resent such meddling?"

I have found that it is far less apt to stir resentment to direct and assist in the care of left-overs than to find fault with my maid the next day for having thrown away something I had expected her to save. More than that, I feel that I am achieving a spirit of co-operation in my maid and a personal interest that I never had when I let things run at loose ends. Is there any reason to believe that efficiency in the business of housekeeping does not inspire respect and bring forth best efforts in employees to any less degree than it does in other businesses?

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B. M. HILL, JANET M. HILL, R. B. HILL
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Sworn to and subscribed before me—a notary public—
the 29th day of March, 1917.

(Signed) HERBERT B. BAILEY.
My commission expires August 30, 1923.

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The New Year!

When shines Apollo's radiant light
From its most distant southern height,
We spend the passing year
With days of gloom and cheer,
And welcome in its sacred place
The New Year, full of charm and grace
From some ethereal sphere!

The New Year, pilot of our lives,
So full of hope, on which it thrives,
Demanding heavy toll
From every earnest soul
Who heeds ambition's worthy call
To win success, defeat forestall!
May we fulfil thy goal!

Caroline Louise Sumner.

CHANGING TIMES, CHANGING HABITS

*Prepared for American Cookery in the offices of the
U. S. Fuel Administration.*

THE war, rising like a flood, has overwhelmed many of our normal habits.

Today it is everybody's business to save coal. Coal is the foundation stone of industry. And the past three years have taught us all that modern war is not fought by soldiers alone, but by the efficiently mobilized home armies of producers, agricultural and industrial.

We enter the war at an advantage in one way: we have before our eyes the experience of the other belligerents. We have seen one country after another contract their coal consumption. We have seen neutrals come perilously close to disaster through lack of sufficient fuel. It was Napoleon who said he preferred to learn through other people's experience. If we learn all we can from Europe, we shall begin at once to diminish our use of fuel, and to conserve it as carefully as possible.

In all industrial plants an active campaign is being carried on by the Fuel Administration with the purpose of conserving fuel, directing it into essential industries, and inducing intelligent consumption.

In the home the individual can play his part in plans worked out for the support of the army, the navy and our Allies. The great drama of war includes us all, and the terms of fuel conservation deal, on one hand, with thousands of tons, with battle fields across an ocean; and, on the other, with the saving of a few shovelfuls of coal a day in each household, with the individual effort that will sway the fine scales of victory or defeat.

Attention to various concrete details in our own home will help conserve fuel. Turning out electric lights when we leave a room, using just enough light at all times, is a habit that is easily acquired.

Artificial gas should be used sparingly and economically.

The cheerful open fireplace is a wasteful way of heating and, as far as possible, it should be abandoned at this time.

Wood should be used whenever possible in those regions where it is obtainable. And a fireless cooker is an excellent help in saving fuel.

The furnace should be carefully tended, because much fuel may be conserved by intelligent care here. The dampers and all the parts of the furnace should fit tightly. The regulation of the damper should be accurate. For damper control is the most important factor in economical heating. Watching the weather is another help. Try and anticipate the heat demands of your household and increase or slow down the heat from your furnace accordingly, but try to maintain a fairly regular heat, withal, moderating it slowly, as the weather demands. The rapid acceleration or retarding of heat is wasteful of fuel; we do not get maximum value from our material when we burn it up suddenly, or let it die down abruptly.

Then, too, a general survey of the house is useful. See that flues and chimneys are clean. Do not let soot accumulate in any of the stoves used. Soot is a poorer conductor of heat than is asbestos! Doors and windows should fit tightly, and shut out cold air currents. The purchase of weather strips will prove a profitable investment.

All those things we can do within our doors. They are but an extension of the careful household watchfulness that many of us have practiced. The laws of war are stricter than those of peace, and our casual habits must, in many cases, be modified. Greater care, more attention to the details now looming so important against the background of war, these things we can do in this tremendous crisis. And that we will do them, not only willingly, but cheerfully and intelligently, there is no doubt.

ECONOMY OF LIVING

ECONOMY and waste are the most conspicuous words in the language today. This is rightly so. It may, also, be said there is no loyal individual in the land who is not anxious to do his utmost in the present crisis, and yet much that is said about waste of foods, etc., it would seem, is sheer nonsense. The truth is the most of us, from dire necessity, have been forced to live prudently all our lives. Certainly the man with a family who used to receive as daily wage one dollar and fifty cents could not have wasted much on living expenses. The same man, no matter how much his wage has been increased, with the present prices of all things, cannot afford to live extravagantly. His last state, perhaps, is worse than the first.

In this matter of economy, each must save along the lines where he can best achieve. Some can pick up and cut wood for fuel, or wear old and mended clothing. Every one who has access to a plat of earth, large or small, can prepare to raise the larger part of his own food-supply and, perhaps, also a surplus for the general markets. In no other way can so large a saving be made. Potatoes and beans, pigs and poultry are our main staples for home consumption. Produce these, together with vegetables of all kinds, and no one need worry about luxuries.

This matter of saving in foods and fuel each individual householder must take into his own hands and simply help himself. God has not promised to help those who will not help themselves.

THE ECONOMY OF COOKING

ON this subject Mr. Grant Ramsay said in a recent lecture:

"Much attention has been drawn to the waste of food thrown into our dustbins, and steps have, very rightly, been taken to put a stop to it. That is an evil from which the country, and those who are in want, have suffered,

but nevertheless the dustbin could bear this burden. A greater evil, however, is to place the burden on the stomach, either by way of superfluous food, or badly-cooked food, as the stomach cannot bear it. This means waste, and waste in its worst form, as it leads to bad health, and is the most common form of disease.

The importance of cooking to our health and happiness is far from being realized. Cooking is a science as well as an art, and careful investigation of the work of the French chefs of the past clearly goes to show that they were physiologists as well as cooks. Those who take up cooking today consider it sufficient to make a pretty dish and a tasty dish. That is not enough. Knowledge of physiology, foods and dietetics are all necessary to ensure real economy in cooking.

The artistic in cooking is not, however, to be despised. It is a stimulant to the appetite as well as the digestion, but first principles should not be ignored. Food values, digestibility and assimilation, and also the proper balance in diet, require to be studied before anyone can cater wisely and well and get the best results from the resources at their disposal. Economy in cooking and the economy of health should go hand in hand, and neither health or purse would suffer, as they do, if there were better knowledge governing the affairs of the kitchen.

The kitchen should be a daily resort for study—a laboratory in which the preparation of foods should have the definite aim of securing the health and maintaining the energies of the household, while pleasing the palate and attaining contentment and happiness. Economy is not opposed to such an ideal—it is one of its essential elements. You cannot harness economy with ignorance and carelessness."

ONE WOMAN'S PROTEST

YOU may be interested to know that I am preparing at some expense my summer home for winter occupancy. I

have to do this in order to economize. I have given three sons to the service of our country, and all of them, in going to the front, relinquished positions in which they received fairly good wages and did their whole duty to me.

"I was asked last month to buy a Liberty bond, and refused. If the call comes again I shall refuse, and for one reason. My boys volunteered to fight for the flag, and in doing so reduced their monthly incomes by considerably more than 50 per cent. While they are doing this, and I am trying to match their sacrifice in my humble way, I find that alien residents of my city and commonwealth, exempt from draft, refusing to enlist, and positively declining to join the colors of their own countries, are nullifying what my boys are doing at the front by stopping construction work for our government, because they demand three, four and five times as large a wage as my boys will receive while fighting for them and for us, and at least twice as much a day as two of my boys obtained in civilian employment.

"I may be narrow and selfish, but I don't think I am. I don't believe that the government should permit such things to be; and as long as the government declines to do its duty by me and mine and permits alien slackers deliberately to obstruct the nation's cause, I shall feel that my service was overdone when I told my boys to respond to the summons."—*The Boston Traveler*.

TO OUR READERS

We are trying to fill this magazine with sensible, reasonable and reliable matter. The present number holds many good things of timely interest to the prudent housewife. The February number will be exceptionable in the quality, propriety and value of its contents. In these times, especially from an economic point of view, it seems that a strictly culinary publication should be well worth the price of subscription.



SEA FOOD FOR INLAND DWELLERS

Seasonable and Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Shrimp Cocktail

Set a glass containing one or two tablespoonfuls of cocktail sauce in the center of a plate, surround with four or five heart-leaves of crisp lettuce, on each lettuce leaf set a choice shrimp and two or three slivers of green pepper. With the oyster fork dip the shrimps, thin slices of pepper and lettuce leaves, one at a time, in the sauce; eat as a first course at luncheon or dinner. Sandwiches of coarse bread, with butter, or rye bread sticks are a suitable accompaniment.

Cocktail Sauce

Mix two tablespoonfuls of tomato catsup, one tablespoonful, each, of horseradish, Worcestershire sauce, mushroom catsup, vinegar or lemon juice and one-half a teaspoonful, each, of tabasco sauce, onion juice and salt. Let stand on ice an hour or longer before use.

Broiled Salt Mackerel

Let the fish stand, skin side up, in cold water to cover well, about forty-eight hours, changing the water once or twice meanwhile. Select a dish that will just take the fish when spread out in it; turn into the dish three or four spoonfuls of boiling water, and set into a hot oven or under a gas burner. Let cook until hot throughout and browned slightly; turn to brown the skin side. Slide to a hot platter and pour over it a little cream, from the top of the milk bottle, made hot for the purpose. Or, squeeze over the fish the juice of half a lemon. Garnish with boiled potato balls sprinkled with chopped parsley.

Broiled Salt Mackerel, No. 2

Let the mackerel stand, skin side up, covered with cold water, thirty-six to forty-eight hours. Set over the fire in a fresh supply of cold water, and let heat

gradually to just below the boiling point. Drain and set in the same dish under the gas burner, or put the fish between the well-oiled bars of a double broiler, and let brown slightly, first on one side and then on the other, over a bed of coals.

Left-over Salt Mackerel and Potato Balls

Cut enough pared potatoes into quarters to fill a pint cup. Turn into a saucepan, surround with boiling water and turn one cup of cooked mackerel, picked into fine bits, in the center of the potatoes, above the water. Let cook until the potatoes are done; drain, shake the fish from the potatoes and press the latter through the ricer, over the fish; add half a teaspoonful of black pepper, an egg beaten light and a teaspoonful of

pepper; add one cup of rich milk and stir until smooth and boiling. Before the sauce actually boils, remove it from the fire and beat until smooth. Add one egg, beaten very light, and stir and cook until the egg is set, then beat in the fish and turn the mixture on to a buttered plate. When cold, shape nine or ten balls, then press each into a flat shape, round on one end and pointed at the other. Egg-and-bread crumb and fry in deep fat. For a change, cook two slices of onion in the fat before the butter is added, or use tomato purée in place of the milk. Serve with tomato catsup, chili sauce, pickles or green salad.

Baked Haddock or Cod Steaks

Have the fish cut into steaks of about half a pound, each. Rub over an agate



BROILED SALT MACKEREL

butter. Beat all together thoroughly; lightly shape into balls. Fry at once, five at a time, in deep fat. Serve with pickles, lettuce or cabbage salad.

Salt Codfish Cutlets

Pick very fine enough soft salt codfish to fill a cup. Cover the fish with cold water, and let stand some hours, or over night. Let the fish stand in this same water on the back of the range until very hot, *but not boiling*; drain and press free from water. Melt three tablespoonfuls of butter; in it cook five tablespoonfuls of flour and half a teaspoonful of black

baking pan with fat, set the fish in the pan, scrape a little onion juice and pulp on each slice, squeeze on a little onion juice and set a bit of fat salt pork above each slice. Pour in a little broth or water. Bake about twenty-five minutes, basting twice with the liquid in the pan or with hot fat. If preferred, the two filets of flesh may be removed from the skinned fish. These may be cut in pieces weighing about five ounces, each, seasoned and folded over, then baked as before. Broth for sauce may be made of the head and bones. This method takes more time in preparation, but only edible



SALT CODFISH CUTLETS

portions appear on the table. Tomato sauce or tomato jelly salad are good accompaniments to the dish.

Peanut Butter Loaf

Pour two or three cups of cold water over half a cup of rice, and stir with a fork while quickly heating the water to the boiling point; let boil one minute, drain on a sieve, rinsing with cold water; return the rice to the fire with two cups of boiling water and a teaspoonful of salt, cover and let cook until the rice is tender. Add a cup of peanut butter, half a teaspoonful of paprika, an egg beaten light, and half a cup of milk. Mix all together thoroughly and shape in a mound on a buttered baking dish. Sprinkle with half a cup of fine cracker crumbs mixed with one or two tablespoonfuls of fat. Bake about half an hour. Serve hot with tomato sauce.

This loaf may be made of a mixture of walnuts, pecans and almonds ground in a food chopper.

Tomato Sauce

Cook half a chopped onion and a tablespoonful of parsley in three tablespoonfuls of bacon fat; add three tablespoonfuls of flour, and when well blended stir in a generous cup of cooked tomato; stir until boiling, then strain and reheat with one-fourth a teaspoonful, each, of salt and paprika.

Soup from Bones of Roast Fowl

Remove all bits of meat from the bones for other use. Separate the bones at the joints; add to them all browned skin, also neck and giblets with skinned feet, if not already used. Cover with cold water, and set over the fire. Melt three tablespoonfuls of chicken or other



PEANUT BUTTER LOAF

fat, slice into it an onion, three stalks of celery and a scraped carrot; add three branches of parsley and a blade of mace, cover and let cook, stirring occasionally, about twenty minutes, or until softened and yellowed slightly. By covering the dish, the vegetables will steam in the fat and their own moisture. Add to the bones with a cup of left-over canned corn, if at hand, and let the whole simmer very gently about an hour; take out the bones and press the rest through a fine sieve. This broth may be used in making almost any variety of unclarified soup. By the addition of salt, pepper

Tapioca Soup

Add one-third a cup of tapioca cooked in a pint of milk, and finish with one or two egg-yolks, beaten and mixed with one-fourth to one-half a cup of cream from the top of the milk bottle.

Rice Bread

Put one cup of rice directly over a quick fire in about three pints of cold water, and stir constantly while heating to the boiling point; let boil two minutes, then drain in a sieve, rinsing meanwhile with cold water from the faucet. Re-



SOME ACCEPTABLE FATS

and a small can of tomato soup, a particularly good tomato soup results. A little fresh meat with the bones improves the flavor.

Okra Soup

Add a cup of boiled rice, a can of okra, half a can of tomatoes, cut in bits, and the bits of fowl taken from the bones and a hearty dish of okra soup is produced.

turn to the fire with four cups of liquid, water or part milk; let cook until the rice is tender, then press through the ricer; add one teaspoonful of salt, two tablespoonfuls of shortening and one tablespoonful of sugar. Mix and let stand until lukewarm, then add one-third a cake of compressed yeast, softened in half a cup of lukewarm water, and about five cups of bread flour (wheat), and mix to a dough. Knead until smooth



"FIFTY-FIFTY" BISCUIT

and elastic. Cover and let stand out of drafts overnight. Next morning, shape into loaves for two brick-loaf pans. The dough for each loaf will weigh about one pound and a half. Bake about one hour. This makes very white and moist bread.

"Fifty-Fifty" Biscuit

Sift together one cup, each, of pastry flour (wheat) and cornflour, four teaspoonfuls of baking powder and half a teaspoonful of salt. Work in two tablespoonfuls of shortening, then mix to a dough with milk. It will take about one cup and a quarter of milk. Turn on to a floured board, knead slightly, roll into a sheet and cut into rounds. Bake about eighteen minutes. This dough is suitable for the crust of meat pies.

Quick Yeast Rolls (Rye Meal)

To one cup of scalded milk add one-fourth a cup of shortening, half a teaspoonful of salt and a level tablespoonful of sugar; stir till the shortening is

melted and the liquid is lukewarm, then stir in a cake of compressed yeast, mixed with one-fourth a cup of lukewarm water, one-half cup of rye meal and as much bread flour as can be conveniently mixed in with a spoon. The dough should not be mixed stiff enough to knead. Mix, cut and turn the dough over and over with a knife, cover and set aside to become light. When the dough has doubled in bulk, rub the tips of the fingers with fat, and shape the dough into twenty-four balls. Set these on a floured board, cover close, and when light and puffy roll under the fingers into finger shapes, and set into suitable pans. When again light and puffy, bake about twenty minutes. Corn, rye or barley flour may be used in place of the rye meal. A full cup may be used. A full cup of rye meal makes the rolls rather too coarse for constant use.

Meat Pie, Potato Biscuit Crust

Cut any left-over meat in thin slices, freeing it, meanwhile, from all unedible



QUICK YEAST ROLLS (RYE MEAL)

portions; cover with boiling water, and let simmer until tender. Turn into a baking dish. For each pint of material add half a teaspoonful, each, of salt and black pepper. Make ready a potato biscuit dough. Roll to a shape to fit the dish, cut slits in the center and set above the meat in the dish, letting the edge of the dough rest on the edge of the dish. Bake about twenty-five minutes.

Potato Biscuit Crust

Sift together one cup and one-fourth of pastry flour, four teaspoonfuls of baking powder and half a teaspoonful of salt; add half a cup of cooked potato pressed through a ricer. With two knives cut in three tablespoonfuls of shortening, then mix to a dough with milk.

to size of dish), and let cook a few minutes, to dissolve into the water any browned juices remaining on the pan. Pour the liquid and vegetables into the casserole; put in the meat, cover and let cook in a very moderate oven, or in the fireless cooker, four or five hours. Par-boiled potatoes may be added to the casserole about three-fourths of an hour before time of serving. Season with salt when adding the potatoes.

Fried Bananas

Melt a little fat in a frying pan. Cut a peeled-and-scraped banana in halves, crosswise, then these halves again in halves, lengthwise. Pat the pieces of banana in rye, corn or barley flour, then cook in the fat until brown on one side,



SHRIMP SALAD

Turn on a floured board to coat with flour, knead slightly, roll out and finish as above.

Fresh Beef Brisket en Casserole

Buy a piece of single brisket of suitable size to cook in a casserole. Make fat hot in a frying pan; in this brown the meat on all sides. The meat will brown more quickly, if it be rubbed over with flour before being set to cook. Slice an onion and two celery stalks into the fat after the meat is browned. Cover and let cook until softened a little; add one or two cups of boiling water (according

and turn to brown the other side. Serve with meat of any variety or with bread. Cook quickly and carefully, but without making too brown.

Shrimp-and-Celery Salad

Leave the shrimps whole or break in two pieces, each; add the same or half the measure of crisp celery cut in half-inch slices. Mix with enough mayonnaise to hold the ingredients together. Serve on heart-leaves of lettuce. If preferred, the shrimps may stand an hour or more in equal measures of vinegar and oil before being mixed with the



POTATO SALAD

mayonnaise; in this case, before use, drain thoroughly to avoid liquifying the mayonnaise.

Potato Salad

Cut cold, boiled potatoes into half-inch cubes to make one quart. Chop fine, in a wooden bowl, one small, peeled onion, one tablespoonful of picalilli, one tablespoonful of capers, six branches of parsley, eight olives and half a green pepper (sweet). Add six tablespoonfuls of olive oil, three tablespoonfuls of vinegar and one teaspoonful of salt, mix all together thoroughly and pour over the prepared potato. Mix thoroughly with a spoon and fork, cover and let stand in a cool place until ready to serve. Turn on to a serving dish, sprinkle with fine-chopped parsley and garnish with hearts of lettuce and radishes cut to resemble flowers.

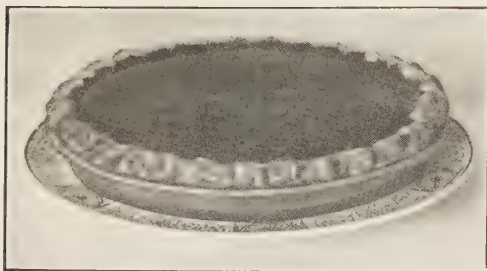
Midwinter Tomato Jelly Salad

Cook one can of tomatoes, one onion, cut in slices, three branches of parsley (fresh or dried), two or three stalks of celery, or the equivalent of dried celery leaves, twenty minutes. Press through a fine sieve; add three-fourths a teaspoonful of salt, half a teaspoonful of paprika and half a package of granulated gelatine softened in half a cup of cold water. Stir until the gelatine is dissolved. Set into cold water to chill.

Drain a can of string beans, rinse in cold water and drain again, and spread on a cloth to dry a little. Cut the string beans in half-inch lengths. Have ready, also, half a cup or more of heart-stalks of celery, cut in quarter-inch slices and cooked tender, also a small cauliflower cooked tender. Separate the cauliflower into flowerets. Reserve ten



MIDWINTER TOMATO-JELLY SALAD



PUMPKIN PIE

flowerets, and separate the others into still smaller pieces. Mix these with the celery and half or more of the string beans through the tomato, and turn the mixture into ten molds. When chilled and ready to serve, unmold the jelly on heart-leaves of lettuce, surround with string beans and the cauliflower reserved for the purpose. Pour French dressing over the whole.

French Dressing for Tomato Jelly Salad

Cut an onion in halves and with a sharp knife scrape a tablespoonful of juice and pulp into a bowl; add a cup of vegetable oil, a scant half-cup of vinegar, half a teaspoonful of paprika and a teaspoonful of salt. Mix thoroughly and use just before serving the salad.

White Grape-and-Celery Salad

Skin, cut in halves (lengthwise) and seed half a pound of white grapes. Cut enough crisp celery hearts in half-inch slices to fill a cup. To one cup of thick cream, add the juice of half a large lem-

on and half a teaspoonful, each, of salt and paprika. Beat until firm, then mix through the grapes and celery. Serve in nests of heart-leaves of lettuce. For a change, use three-fourths a cup of mayonnaise dressing made with lemon juice, rather than vinegar, and one-third a cup of the cream dressing given above. Serve as a luncheon salad with bread or rolls. By using French dressing the salad is appropriate to serve with boiled or roast fowl. Nuts (preferably pecan) may be added to the luncheon salad.

Conservation Jelly

Soften one-fourth a package of granulated gelatine in one-fourth a cup of cold milk. Scald one cup and a half of milk in a double boiler. Beat the yolks of two eggs; add half a teaspoonful of salt and one-third a cup of honey, and beat again; dilute with a little of the hot milk, then mix and cook in the rest of the hot milk until it is thickened slightly. Fold in the whites of the eggs, beaten very light, and one cup of cake crumbs. When again hot, stir in the softened gelatine. Let chill a little; add half a teaspoonful of vanilla extract, and turn into six or seven molds. When cold, serve with sugar and cream.

Canned Apricot Shortcake

Make "fifty-fifty" biscuit dough, using wheat flour with either rye, barley or corn flour. Use a little more milk than usual so that the dough be soft. Spread it in two-round layer-cake pans rubbed



CONSERVATION JELLY

over with fat. Bake about fifteen minutes. Spread with butter and put the two cakes together with the fruit and syrup between and above. If convenient, the syrup will be improved by boiling it with a little sugar, one-third to one-half cup.

Chocolate Coated Almonds

Shave, fine, half a pound of "Dot" chocolate, put it into a very small double boiler, and beat constantly while slowly melting the chocolate. The water around the chocolate should be *considerably below* the boiling point. Drop in the almonds, one at a time, press below the surface of the chocolate, then lift out and drop on to a piece of table oilcloth. If the chocolate is of the right temperature, it will not run from the nut and will hold the shape given it by the dipper. If too warm, beat until the right temperature is secured.

Chocolate Coated Oysterettes

Brush any stray crumbs from the little crackers and drop, one by one, into "Dot" chocolate, shaved fine and melted at a low temperature; cover completely and lift up and drop on to a piece of table oilcloth.

Chocolate Peanut Clusters

Drop three fresh-roasted peanuts into melted "Dot" chocolate, lift one to a piece of table oilcloth, set the second near the first and the third above and on the other two. When chilled completely, the three nuts will be securely fastened together. Add nothing (neither sugar nor flavoring) to the chocolate.

Cornmeal-and-Oatmeal Mush

Cornmeal mush and oatmeal are good only when well cooked. Many people use too little salt and don't cook them long enough. To cook cornmeal mush for five people, use one and one-half cups cornmeal, two teaspoonfuls of salt (level), five or six cups of water. Bring salted water to a boil. Stir in the corn-

meal slowly. Don't let it lump. Cook it at least thirty minutes. It is better when cooked for three hours, or overnight. Use a double boiler on the back of the stove, or a fireless cooker. Cooked in skim milk instead of water, it is extra fine, and the food value of the dish is nearly doubled. For oatmeal, use two and one-half cups of rolled oats, two and one-half teaspoonfuls of salt, five or six cups of water. Bring the water to a boil. Stir the rolled oats slowly into the boiling water and cook for one hour, or overnight. Eat the cereal with milk or sirup or butter or butter substitutes.

Pumpkin Pie

Press enough cooked pumpkin through a ricer to make one cup and a half; add one egg, well beaten, half a teaspoonful, each, of salt and mace, half a cup of Karo, one-fourth a cup of molasses and one cup and a half of milk. Mix thoroughly and turn into pie plate lined with pastry. Bake about thirty minutes.

Bran Muffins

Sift together one cup of wheat flour, half a cup of cornflour or meal, half a cup of rye meal, one teaspoonful of soda, two (level) teaspoonfuls of baking powder and three-fourths a teaspoonful of salt. Add one cup of purified bran, one-fourth a cup of molasses, three or four tablespoonfuls of melted shortening, one egg, beaten light, and two cups of buttermilk. Mix all together thoroughly. Bake about twenty-five minutes in a hot, iron roll-pan, rubbed over with fat. The recipe makes about eighteen muffins.

Date-and-Apple Salad

Cut dates into lengthwise pieces, discarding the seeds; add to half a pound of dates one or two apples, pared, cored and cut in short, match-like pieces; at once squeeze over the fruit the juice of a lemon. Mix, sprinkle with half a teaspoonful of salt, then pour on six tablespoonfuls of oil; mix again, and serve on heart-leaves of lettuce with bread.

Well-Balanced Menus for Week in January

SUNDAY	Breakfast Oatmeal Cooked with Large Raisins Thin Cream or Whole Milk Dry Toast Teco Griddlecakes, Karo Coffee Cocoa	Breakfast Cream of Wheat, Sliced Bananas, Top Milk Potato Doughnuts Coffee, Cocoa	WEDNESDAY
	Dinner Hamburg Roast, Brown Sauce (half-cup cold water to each pound of beef) Scalloped Potatoes and Onions Celery Baked Indian Pudding, Top Milk Honey Cookies	Dinner Single Beef Brisket (fresh), en Casserole Potatoes Canned Spinach, Buttered Rice-Bread and Butter Conservation Jelly	
	Supper Rice Baked with Snappy Cheese and Pimientos Apple Sauce Gingerbread Tea	Supper Lettuce-and-Shrimp Salad Fifty-Fifty Biscuits Canned Pineapple Tea	
MONDAY	Breakfast Cornmeal Mush, Milk Sausage Hashed Potatoes Fried Apples Drop Rye Biscuit. Coffee Cocoa	Breakfast Cornmeal Mush, Milk Brisket and Potato Hash Fried Bananas Bread and Butter Coffee, Cocoa	THURSDAY
	Dinner Sliced Hamburg Roast, Reheated in Macaroni, with Tomato Sauce Boiled Onions Baked Apple Tapioca Pudding	Dinner Steamed Pigeons, Breaded, Sauté Potatoes Scalloped with Onions Canned Beets, Hot Apricot Shortcake	
	Supper Creamed Celery with Grated Cheese Rye Bread Stewed Prunes Tea	Supper Toasted Zwieback Orange Marmalade Boiled Rice, Milk Tea	
TUESDAY (meatless)	Breakfast Baked Apples (reheated) Thin Cream Ryemeal Rolls (yeast), Reheated Fried Cornmeal Mush, Karo Syrup Coffee, Cocoa	Breakfast Oatmeal, Whole Milk Salt Mackerel, Cooked in Milk White Hashed Potatoes Bread and Butter Coffee, Cocoa	FRIDAY
	Dinner Mixed Nut-and-Rice Loaf, Tomato Sauce Lettuce, French Dressing Spoon Cornbread, Butter Squash Pie Cream or Cottage Cheese	Dinner Fresh Boiled Codfish Drawn Butter Sauce Boiled Potatoes Pickled Beets Ryemeal Biscuit	
	Supper Cream of Tomato Soup, Browned Crackers Sardines Potato Salad Hot Apple Sauce Graham Rolls	Supper Spinach-and-Cheese Soufflé, Cream Sauce Ryemeal Biscuit (reheated) Canned Fruit Honey Cookies Tea	
SATURDAY	Breakfast Creamed Codfish (left over) White Hashed Potatoes Teco Griddle Cakes, Syrup or Honey Coffee Cocoa Dry Toast	Dinner Lamb Stew with Barlev (onions, carrots, potatoes) Home-made Pickles Mock Mince Pie	Supper Dried Lima Beans, Stewed Barley Muffins Lettuce-and-Tomato Jelly, French Dressing Tea

Economical Dinner Menus

Choose well and wisely your daily food.

The Five Food Groups

1. Vegetables, fruits.
2. Milk, cheese, eggs, fish, meat, beans, nuts.
3. Cereal: corn, rice, oats, rye, wheat.
4. Syrup, sugar, jelly, honey.
5. Fat: such as drippings, oleomargarine, oil, butter.

Choose something from each of these five groups every day.

For example, oatmeal may be used instead of wheat, and eggs, or sometimes beans, instead of meat; but oatmeal can not be used instead of milk. Use both oatmeal and milk.

Here are the Reasons

Fruits and vegetables furnish some of the material from which the body is made, and keep its many parts working smoothly. They help prevent constipation. The kinds you choose depend upon the season, but the cheaper ones are often as valuable as the more expensive.

Milk, eggs, fish, meat, peas, beans.—These help build up the growing body and renew used-up parts. That is their main business. Dried peas and beans make good dishes to use in place of meat part of the time, but don't leave out the other foods entirely. Milk is the most important. Buy at least a pint a day for every member of your family. No other food can take its place for children. Save on meat if you must, but don't skimp on milk.

Cereals.—Bread and breakfast foods. These foods act as fuel. Besides, they give your body some building material.

Sugar and syrups are fuel, too, and they give flavor to other foods. They are valuable food, but many people eat more of them than they need. Sweet fruits, of course, contain much sugar, and are better for the children than candy.

Fat is fuel.—Some is needed, especially by hard-working people. Remember that expensive fats are no better fuel than cheap ones. Use drippings. Children need some butter fat. Give it to them in plenty of whole milk or in butter.

ECONOMICAL DINNER MENUS

I

Fresh Fish Chowder
Home-made Pickles Apple Dumpling

II

Creamed Macaroni and Dried Beef
Home Canned Spinach
Baked Indian Meal Pudding

III

Rice-and-Nut Loaf Tomato Sauce
Cole Slaw
Chocolate Bread Pudding
(jelly and meringue)

IV

Neck of Lamb Stew
(carrots, onions, potatoes)
Creamed Cabbage au Gratin (with cheese)
Banana or Apple Fritters

V

Baked Flounder Sandwich (bread dressing)
Fish Bechamel Sauce
Mashed Potatoes Home Canned Beets
Dried Peach Pie

VI

Succotash
(dried Lima beans, home-canned corn)
Salt Pork, Fried
(rolled in cornmeal)
Home Canned Beets (pickled)
Cottage Pudding Chocolate Sauce

VII

Hamburg Steak
(half-cup cold water to 1-lb. beef)
Potatoes, Scaloped with Onion
Cabbage Salad
Pumpkin Pie

VIII

Squirrel Pie, Potato Crust
Dried Carrots, Tossed with Sugar and Fat
Mashed Turnips
Blushing Apples, Orange Sauce



Suggestions on Food for January

By Janet M. Hill

ECONOMY in the kitchen calls for an expenditure of time, thought, patience. For a short time fresh spinach is not available in all localities, and the spinach and other greens canned in the early summer will prove a welcome means of giving variety to the meals. Seek variety in the style of service. Try spinach in soufflé with cheese (recipe page 198, October number for 1917); occasionally use almonds, chopped fine, and sultana raisins in place of the cheese. Almonds, as also cheese, are rich in protein, and with the milk and eggs, also used, provide a hearty dish. Spinach is equally good, cold, with any variety of salad dressing; possibly sauce tartare, while objectionable on account of the work involved, is received with the most favor. Canned beet greens and dandelions may be used in any of the ways in which spinach is employed.

For a very white-looking bread, try the recipe for rice bread given in this number. This bread will not be of as spongy a texture as the ordinary home-made wheat loaf, but it will be moist and retain its moisture for several days. Flour should be used to make a very firm dough; even then the dough will soften on rising, and cannot be shaped with the hands.

Honey gives a good flavor to food in which it is used; it is particularly good in cake and cookies. Such products keep fresh and moist for a long time. Where crispness is desirable use a little granulated sugar with the honey. Grated rind of fresh lemon or orange is an especially good addition to cakes and cookies in which honey is used.

Food Conservation and the Children

By U. S. Food Administration

IN changing our food habits to meet the world emergency, we must remember that a child can no more fit into a food conservation program suitable for a grown-up than it can comfortably wear the clothes of a man. Some foods in the child's diet can be replaced by other foods without resulting harm, but about other things there is a magic circle

drawn, and he who dares tamper with them endangers the health of the child.

Children are far more restricted in their diet than are adults, and they are more dependent upon special foods. We all need a diet so balanced that it will keep our bodies at their highest efficiency. But the food eaten by the growing child must do more than that; it must

build new flesh and bone. For this reason children must have a larger proportion of the body-building foods than adults. Milk, eggs and butter are among the best of these, and their importance in the diet of the child cannot be overestimated.

First comes milk, almost an ideal food for the child, and the proper basis of all plans for a child's diet. Milk contains everything needed for the growth of the young child, except iron. It has material for making bones, teeth and tissues. It has sugar and fat, and with the fat some of that mysterious growth-promoting substance that we are just learning to know. Children need the whole milk. Skim milk will not serve all their body needs.

Just as soon as the child is old enough to be very active other foods must be added, especially starchy foods, to give more energy than can well be obtained from the milk alone. Every boy or girl should have from a pint to a quart of milk a day, either as a drink, or served on fruits or cereals, or with bread. When it is difficult to get children to drink milk, the required amount may be given to them in cream soups, creamed vegetables, cocoa, custard and similar dishes. Cut down the ration of the rest of the family on milk and cream, but see that the children have what they need.

A well-balanced ration for a child should contain at least one food every day from each of the following groups:

1. Milk and dishes made chiefly of milk, meat, fish, poultry, eggs and meat substitutes. This is the most important group.
2. Cereals, foods and bread.
3. Wholesome fats, of which the most important is butter. Omit fried foods, which are hard to digest.
4. Fruits and vegetables.
5. Simple sweets.

All these foods are essential to the health and growth of the child, and no one of them should be omitted from the daily diet.

Some mothers are convinced that their children will not be satisfied with any other breakfast food than their accustomed wheat preparation. If they will serve fine hominy, however, the children will be just as well fed, and will probably never notice the difference.

Fish, eggs and poultry are good substitutes for meat in the diet of the child, although very fat fish, such as salmon, mackerel and lake trout, should not be given to young children.

Plenty of fruits and vegetables are absolutely necessary.

Do not stint the children on wholesome fats. Give them some butter if possible; if not, plenty of whole milk and eggs.

If candy is permitted only at the end of a meal, there is little danger of the child's eating more sweets than the body demands.

The Food Administration not only says "Save Food"; it says "Use Food Wisely." Moreover, it should be remembered that it is not advocating the saving of any food for which an adequate substitute cannot readily be found. It desires that nobody in America sacrifice his health or strength by foregoing necessary food elements. It particularly desires that no child be deprived of plenty of wholesome food. Mothers should study the needs of their children, and give intelligent attention to their nourishment.

In this hour of stress and great national endeavor, we must not let emergency demands overshadow our everyday responsibility for the health and welfare of the next generation, for whose heritage America is fighting, we repeat, "Use Food Wisely."





HOME IDEAS & ECONOMIES



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Economical Fun

WE had been preaching and practicing economy, and having it preached to us, for so long, that our club decided, as an antidote, to see if it couldn't furnish us with a little fun as well. So we gave an Economy Tea.

The invitations were written on common wrapping paper, neatly trimmed, and bore the following jingle:

Wear a cotton dress
Or a last years suit;
A hat out of date
Or a leatherless boot.
Something to show,
Like the F. A. C.,
You believe in
The strictest economy.

The only decorations were American flags and some bunting. For place cards for the women we used white cards to which were glued bone buttons (the kind with two holes). A face was drawn on each button, with the two holes to represent eyes, and below these were pasted headless pictures illustrating some phase of economy in its relation to the war. For instance, there was a woman with a hoe, one seated at a sewing machine, another canning fruit, a Red Cross nurse, a cook, a woman chauffeur and an aviatrix.

The cards for the men consisted of an acrostic of the word "Economy—one letter to each card, suggesting some needed economy.

E stands for Eating—it makes you too fat.
C for Cigars—no money for that!
O for Onions—you're wasting your strength.
N for None—your share of the cake.

O for the Oats you must share with the horse.
M for the Meat you must give up, of course
Y for the Yolks of the eggs you forsake.

For stunts, we passed paper and pencils to the men and asked them to design a dress that could be made out of three yards of blue serge, two yards of blue silk, and a yard of chiffon. The women were asked to see what they could do (on paper) with six nails and two boards. For their sharpness in creating the best designs, the prize in the men's contest was a paper of pins, and in the women's a box of tacks.

Another contest was called "Intensified Farming." To the one who succeeding in raising the greatest number of vegetables in a given area of paper was presented a hoe.

For refreshments, we had tea and hard tack wafers (made by spreading a paste of cornmeal, sugar and cinnamon, wet with a little water, on square crackers that had been lightly buttered, and browned in a slow oven), eggless cake and short ration sandwiches, made of war bread spread with a filling of boiled beef, macaroni, celery and a bit of onion ground together and mixed with boiled mayonnaise, and cut into very small portions.

M. B. B.

* * *

CALIFORNIAN DISHES

Prune Pudding

IN one-half cup of flour sift one level teaspoonful of soda and one-half teaspoonful of salt; add one cup of rolled oats and one teaspoonful of cornstarch. Stir in one-half cup of N. O. molasses,

two tablespoonfuls of salad oil, a little grated lemon rind and one tablespoonful of lemon juice, one cup of sour milk and one beaten egg. Mix well and stir in one cup of soaked, pitted and sliced prunes. Put in an oiled mold and steam three hours. Serve with liquid sauce.

Sauce

Stir together one cup of sugar and two tablespoonfuls of flour. Pour on gradually, stirring constantly, about a pint of boiling water. Stir and cook until smooth; let simmer ten minutes; add a tablespoonful of butter substitute and one-half a tablespoonful of salt. Flavor with vanilla.

Mince Pie

Run through the food chopper one cup of seeded stewed prunes and juice, one cup of sliced apples, a tablespoonful of seeded raisins; add one-half cup sugar, one teaspoonful of butter (or substitute), one tablespoonful of syrup, one tablespoonful of lemon juice, and a little of the grated rind, one-eighth teaspoonful of cloves, one-third teaspoonful of cinnamon, one-third teaspoonful of salt. Cook all gently half an hour, adding a little more prune juice if not quite moist enough. This makes a large pie.

Pastry

Two cups of sifted flour, sifted again with one teaspoonful of salt and one teaspoonful of baking powder. Rub in ten tablespoonfuls of chicken fat (or eight of salad oil). Stir in six tablespoonfuls of water. Toss on the board, divide and roll to fit the pie pan. Dust the top crust with sugar. An easy and very delicious mince pie.

Rye Gingerbread

$\frac{1}{2}$ cup rye meal	$\frac{1}{2}$ teaspoonful salt
$\frac{3}{4}$ cup white flour	$\frac{1}{2}$ teaspoonful cinna-
$\frac{1}{2}$ teaspoonful ginger	mon

Sift all together and stir in half-cup of N. O. molasses, two tablespoonfuls of salad oil, half cup of boiling water in

which has been stirred a teaspoonful of soda. Add half teaspoonful of vanilla, mix quickly, and bake in two layer cake pans, or in gem pans.

Rice Roll

2 cups cold boiled rice	1 cup bread dressing (omit sage)
1 cup oysters, cleaned and drained	

In a baking pan put three tablespoonfuls of nice dripping, lay on half the rice and pat it out in a cake half an inch thick. Heap on the oyster dressing; cook with the remaining rice, brush over with a little beaten egg (put most of the egg in the dressing), lay a little dripping on top and make to a golden brown. An excellent meat substitute. E. B.

* * *

Dried Fruit Butters

Very rich apple-butter is made with dried apples. Cooked them either with boiled cider or water, and add about one-third the bulk of sugar. Some like it sweeter than others. The dried apples should be washed and soaked over night in cider or water, or in whatever liquid they are to be cooked. It is nice to cook them in the fireless cooker until tender, then put through a sieve or press. Cook as thick as desired. Dried fruits of all kinds make far more delicious butters than fresh. A delightful change is made in blending different kinds, such as apples with apricots, using two-thirds apples to one-third apricots. C. N.

* * *

A New Gift for a Kitchen Shower

A BRIDE, who was recently the recipient of a kitchen shower, received a gift that was a little out of the ordinary, for it was not a kitchen utensil. It was a white linen cover for the kitchen "clock shelf." The edge of the cover was finished with four-inch scallops embroidered in Delft blue, which was the color scheme of the bride's new kitchen. In the middle of each scallop was embroidered, in outline stitch, a kitchen

utensil. In all, there were twelve scallops; these pictured a knife, fork, spoon, measuring cup, tea-kettle, rolling-pin, long-handled dipper, bowl, frying pan, flour sifter, flat iron and an egg-beater. And the bride was enthusiastic over the gift, both because it was "different" and because it could be easily laundered.

N. S. D.

* * *

Tin Cans

JUST at present there is a shortage in the available supply of tin boxes—for we are not buying fancy cakes and crackers.

The Red Cross has asked that eatables be sent to the boys in France in tin boxes.

Corn syrup cans can be used to great advantage, as the lid is easily removed, if it is enclosed in a heavy pasteboard box, with paper packing to hold it in place. It would be almost impossible to wrap a cylinder securely enough for transportation in any other way.

* * *

How to Handle Canned Pumpkin

In using canned pumpkin for pies if the entire amount is turned from the can into a bowl and the ginger cloves, cinnamon and nutmeg added, the spices will preserve the portion to be used a week later. Without this precaution pumpkin easily sours.

F. H.

* * *

A Good Food-Saving Card

In serving corn dishes on its dining cars, the Southern Pacific Railway distributes a small card giving recipes and other interesting information, as follows:

"The Government earnestly desires that wheat be used as sparingly as possible and that corn be substituted.

"America was pioneered on corn; the Pilgrim Fathers almost lived on it. Corn was the first crop planted in all the virgin soil as it was settled, from the At-

lantic out across the Alleghenies, upon the broad prairies, and beyond.

"On our menu this morning we have corn-meal cakes, made according to this famous 'old-time recipe':

"Four cups corn meal.

"Three cups boiling water.

"One cup cream.

"Three eggs.

"One tablespoonful sugar.

"Two teaspoonfuls baking powder.

"Salt to taste.

"Mix well meal and water (do not let it lump); add the cup of cream, into which the three eggs have been beaten; then add sugar, and, last, the baking powder. Bake on hot griddle."

* * *

Patriot Roast

1 cup cooked oatmeal	1 sweet green pepper
1 cup cold meat	1 small onion
Salt and pepper to taste	

Remove core and seed from green pepper. Parboil five minutes. Put meat, onion and pepper through food chopper, add oatmeal, salt and pepper. Press into greased mold, and bake in oven until browned.

Serve with tomato sauce as follows:

Tomato Sauce

1 slice onion	Bread crumbs
1 pound butter	Salt
$\frac{1}{2}$ can tomato	Pepper
	1 clove

Sauté onion in butter until tender; add tomato, seasoning and clove. Simmer thirty minutes. Strain and thicken with bread crumbs.

E. G. C.

* * *

Bread from Whole Grain

From Italy is reported an excellent bread made from wheat which has never been milled. Starting with grain of good quality, free from foreign material, the process is as follows:

The grain is carefully washed, sifted and soaked in tepid water from 48 to 60 hours, according to hardness of the grain. This causes it to begin germina-

tion and become soft and tender, as well as undergo chemical modifications. Then it is fed directly into a kneading machine, worked into dough, allowed to rise like ordinary bread dough, and baked. It is gray in color, appetizing, of delicious flavor, and said to be highly nourishing, because it contains a considerable percentage of mineral salts and vegetable pepsin. Besides making more bread from a given amount of grain, there is a saving in labor.

* * *

Household Hints

Dip the tops of corked bottles in melted paraffine before packing in your trunk, and the contents should never spill or leak out.

When making meringue for pie, add half an egg-shell of cold water for each white. This will greatly increase the quantity. After beating the eggs to a stiff froth, and when it is ready to be placed on the pie, add a saltspoon of baking powder, and beat well. This prevents it falling after being taken from the oven, and it will not be apt to shrink from the edges.

* * *

Food Saved in Massachusetts

Frank C. Hall, chairman of the New England committee for hotels and restaurants, has reported to the hotel division of the United States Food Administration that the hotels and restaurants of Massachusetts saved by wheatless and meatless days during the month of October more than 640 tons of meats and over 4,600 barrels of wheat flour.

* * *

How to Keep Honey

Housewives usually put the honey in the cellar for safe-keeping, probably the worst possible place, as honey absorbs moisture from the atmosphere, and will become thin and, in time, sour. Comb honey kept in a damp place will be hurt

in appearance as well as quality. A practical rule is to keep honey in any place where salt remains dry. If honey has granulated or candied, put the can containing it in a larger vessel holding water no hotter than the hand can be borne in. If the water is too hot, there is danger of spoiling the color and flavor of the honey. The can of honey should be supported on a block of wood in the vessel of water, so that the heat from the stove will not be too intense.

* * *

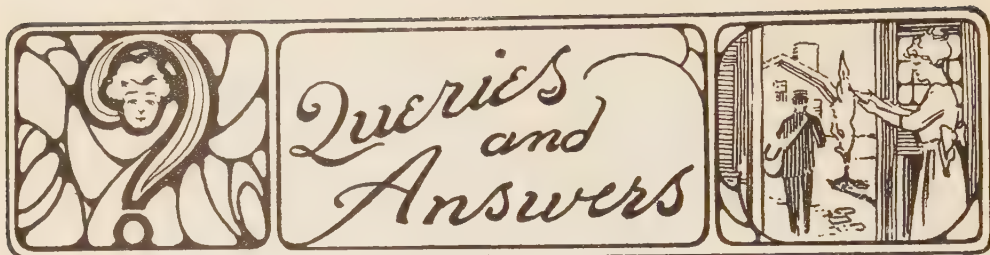
Winning the War in the Kitchen

Sugar Conservation

How to Save Sugar.—Fill the sugar-bowl, but keep the cover on so that no one will carelessly use it. Tag the bowl with the date, and let the children keep account how long it lasts. Choose a sugar-spoon half as large as the old one, and let the children have a spoonful, but go without it yourself. The amount of sugar saved in this way is surprising. A teaspoonful of sugar saved each day makes five pounds a year. A lump of sugar saved each day also makes five pounds a year. In a few days the limitations do not seem a hardship. I know a hospital in which the nurses have adopted this plan, but they tag their bowls with the words, "Who is patriotic?"

Put fruit instead of sugar on cereals. One apple contains three teaspoonfuls of sugar. Omit frosting on cake. Reduce sugar on recipes one-third to one-half, and continue to do this while the war lasts, even though sugar is again available. Let us use what our grandmothers did instead of sugar—namely, molasses, syrups and honey.

Explain to every one that sugar is our ammunition in this war; it is the gunpowder we can all contribute. If we can't fire a shot, we can send a pound of sugar. Food will win the war.—*Elliott P. Joslin, in the Boston Herald.*



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose addressed and stamped envelope. For menus, remit \$0.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 3900. "Recipe for Pop-Overs."

Pop Overs

Beat two eggs; add two cups of milk, and continue to beat while two cups of sifted flour and half a teaspoonful of salt are gradually beaten into the eggs and salt. Put a bit of shortening into a dozen hot cups, earthenware or iron, and pour in the mixture. Bake in slow oven about forty minutes. Pop-Overs may be made of all-wheat or whole-wheat or of part rye or barley flour.

QUERY No. 3901. "Can the maple syrup cake and the carrot pudding given in the December number of this magazine be made with other flour than barley?"

Rye Flour in Maple Syrup Cake

The maple syrup cake is particularly good when made with two cups of wheat flour and half a cup of rye flour. Probably the quantity of rye flour might be increased to one cup. The carrot pudding was a success when made with three-fourths a cup of cornflour, and without doubt rye might replace the cornmeal. In the recipe as given, "three fourths a cup" was changed by the printer to read "three-fourth a tea cup." In recipes prepared by the working force of this magazine, no cup is recognized save the cooking-school measuring cup holding half a pint.

QUERY No. 3902. "Recipe for Carrot Loaf, containing nuts, bread crumbs and baking powder."

Carrot Loaf

Scrape about four carrots, cut in lengthwise quarters, and let cook in boiling water until tender. Drain and press through a sieve or ricer. To two cups of pulp, add one cup of chopped pecan nut meats, two eggs, beaten light, three-fourths a teaspoonful of salt, half a teaspoonful of paprika, a teaspoonful of Worcestershire sauce or a grating of onion pulp, and a tablespoonful of fine-chopped parsley. Mix thoroughly; then add enough sifted soft bread crumbs to form into a loaf; set into a baking pan, rubbed over with a bit of fat. Bake about half an hour, basting often with vegetable oil. Serve with cream sauce or with drawn-butter sauce, made of the water in which the carrots were cooked. We see no reason why the loaf could not be made of raw carrots, grated.

QUERY No. 3903. "While one is eating, should the knife be laid across the plate, or should the blade rest on the edge of the plate?"

Position of Knife While Eating

The knife should be laid across the plate, with the handle in easy access of the hand.

QUERY No. 3904. "Recipe for Cookies made with Peanut Butter."

Peanut Butter Cookies

2 tablespoonfuls	½ cup milk
shortening	2 cups flour
½ cup peanut butter	4 teaspoonfuls bak-
1 cup sugar	ing powder
1 egg, beaten light	¼ teaspoonful salt



SAVE THE FATS — We are the world's greatest fat wasters. Fat is food. Butter is essential for the growth and health of children. Use butter on the table but not in cooking.—United States Food Administration.

The Government says: "Use No Butter in Cooking"

YOU are fortunate in having Crisco because by using it you easily can carry out the wishes of the Food Administration. Crisco gives perfect satisfaction in all war-time recipes calling for "butter substitutes" and in fact in any recipe in which you have been accustomed to use butter. But Crisco does more than this. It is a shortening of such purity and richness that it makes foods delicious.

CRISCO
*For Frying For Shortening
For Cake Making*

Use it for frying and you get the real flavors of the food, for Crisco has neither taste nor odor, and it does its work so quickly little fat is absorbed.

Crisco is a general cooking fat that quickly proves its all round usefulness and economy. As it comes in new one pound, sanitary, air tight packages the housewife who prefers to buy shortening in small quantities now easily can buy Crisco. It costs no more than lard out of an open pail.

A Useful Book For You

"Balanced Daily Diet" is a book by Janet McKenzie Hill that should be in every household library. It is a timely and valuable work. The editor of "American Cookery" writes with the authority of an expert. She tells of foods that help build the body and keep the mind active. Menus for every month are given with many new recipes for economical foods. It is illustrated in colors and contains the interesting Story of Crisco. Published to sell at 25 cents, we will send you a copy for five 2-cent stamps. Address Department A-1, The Procter & Gamble Company, Cincinnati, O.

Beat the shortening and peanut butter to a cream; gradually beat in the sugar (corn-syrup may be substituted), the egg, milk and flour sifted with the baking powder and salt. Mix to a dough. Roll into a sheet, cut in shapes, set in a pan rubbed over with fat, and dredge with sugar. Bake in a quick oven.

QUERY No. 3905. "Are not the breakfast menus in the 'Well-Balanced Menus' for November more generous than is necessary or than is recommended by the Food Administration?"

Breakfast Menus in November Number

To write a perfect menu, the age, occupation and weight of the individual for whom it is written must be known. Such a menu is more nearly attained on pages 274-5 of the November number in "A Day's Food for a Child Ten Years of Age." Menus are given largely as suggestions, and this is especially true when they are given for a family *in general*. Instead of playing solitaire during the evening, the house mother might work out from the "100 Calorie portions" given in the August-September number, and the table of calories needed by different ages on page 127 of the same number, just how much of the food suggested in the menus her family requires. The children will find it "great fun" to help out.

As to the breakfast menus referred to, there might be a difference of opinion; for some families still cling to what is known as the American breakfast, while others would select the continental breakfast of rolls and coffee. As written, one will find suggestions for the sort of breakfast they wish. Because coffee and cocoa are both given, it does not imply that each member of the family is to take both beverages. Living in the suburb of a large city and seeing men go to their work in the city each morning, to do a day's work with, in most cases, no additional food save fruit or a light luncheon at mid-day, the writer of the

menus would not feel justified in suggesting nothing for breakfast save cereal, toast and coffee. In no case are chops or steak mentioned in the breakfast menus. No matter how carefully one buys, there will occasionally be meat left over that would not supply the main dish of the dinner. Why not have it for breakfast when all the family is present? It takes too large a bulk of bread and cereal, even with milk, to count out seven hundred calories. Salt codfish is quickly prepared, if the preliminary work be done the night before. Indeed, during the winter months, at least, all preparations for breakfast, as far as it is practicable, should be made beforehand. From our standpoint, taking all the families in our clientele into consideration, the breakfast menus are none too generous.

QUERY No. 3906. "Can good Pumpkin Pie be made without sugar?"

Pumpkin Pie Without Sugar

About three-fourths a cup of sweetening is usually allowed for a pumpkin pie. In a pumpkin pie made with about a cup and one-half, each, of cooked pumpkin and milk, even if sugar be plentiful, part of this sweetening is often molasses. One-fourth a cup of molasses, with half a cup of Karo or maple sugar or syrup, makes a good pie. A teaspoonful of ginger is used for flavoring, but other spices, as cinnamon and one-fourth a teaspoonful of cloves may be used.



KINDLINESS

"**T**HINK as well as you can of every one who is trying in these hard times to do his duty,—to be brave, cheerful, and useful. Let us not be among those "who whet their tongue like a sword and bend their bows to shoot their arrows, even bitter words." Kindness helps, where criticism cannot."



RYZON Booth at Hotel Men's Exposition, Grand Central Palace, New York City.

THE attention extended the RYZON Booth at the Hotel Men's Exposition was extremely gratifying.

The RYZON Liberty Bread was baked not only as a loaf but in a sheet and cut like the old-

fashioned Corn Bread. See page 9, RYZON Baking Book for recipe.

RYZON was an old friend of most of the hotels represented for among those now using RYZON are

Waldorf-Astoria,
Hotel McAlpin,
The Biltmore,
Ritz-Carlton,
Hotel Knickerbocker,

New York
New York
New York
New York
New York

The Claridge Hotel,
Hotel Manhattan,
Hotel St. Regis,
Sherry's,
William Penn Hotel,
Robert Treat Hotel,

New York
New York
New York
New York
Pittsburgh
Newark

Bellevue-Stratford Hotel, Philadelphia
Delmonico's, New York
Hotel Martinique, New York
Cafe Savarin, New York
Hotel Copley Plaza, Boston

The new RYZON Baking Book is now ready. It is priced at \$1.00 but by sending us the user's certificate

(packed with the pound can of RYZON) and eight 3c stamps you will receive the baking book postpaid.

A pound tin of RYZON and a copy of the RYZON Baking Book will be sent free, postpaid, to any domestic science teacher who writes us on school stationery, giving official position.

GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK

New Books

Marketing and Housework Manual. By S. Agnes Donham. Price \$1.50 net. Little, Brown & Co., Boston.

"The subject matter of this manual is the result of twenty years' study and experience in teaching. Each year I have seen reason to change it, and have been glad it was not in permanent form. It has now reached a place where it seems to meet a definite need in schools, and promises to the young housewife material which she will find useful and which will save much time over the slow process of learning by experience.

There are many books on the market which give help to the home-maker, and I should hesitate to add to the number if this were in the usual form, but its brevity and the elimination of all except almost catalogue detail make it seem probable that the busy or inexperienced may find time and inclination to go to it for help and direction."

Evidently this work is the result of careful study and long experience. The chapters on Marketing Charts, Menu Making, Rules and Directions of Housework, all contain matter of excellence and worth. The "almost catalogue detail" indicates the most notable characteristic of the entire work. This feature renders the book a most useful and desirable housework manual for the busy, earnest housewife. A really good thing for constant and daily reference. The kind of book thoughtful, anxious housekeepers everywhere are looking for.

The Chinese Cook Book. By Shiu Wong Chan. Illustrated. Cloth, 12mo., net \$1.50. Frederick A. Stokes Company, New York.

"A person who has tasted Chinese food realizes that it is the most palatable and delicious cooking he ever ate. It is not only that, but its nutritious value recommends it to all. It is true, in a sense, that we eat to live. If the body does not

have nutritious and pleasant foods, no full growth and development is possible; hence power is weakened.

Leave the decision as to Chinese cooking to your own taste. When you have eaten the food you will soon be convinced, not only of its merits, but, in fact, of its superiority over other kinds of food and ways of cooking."

Here are recipes for preparing over 100 Chinese dishes, just the thing for women who want new ideas for cooking appetizing, nutritious food. Novel ways to prepare soups, meats, poultry, fish and other sea food; fifteen ways to cook eggs; new dishes from vegetables and rice, as well as a variety of cakes, candies and puddings. The directions are so explicit that women with little experience can easily follow them.

Dr. Hale declared once that he had had a special revelation. He was down in Maine with an agreeable company of fishermen, and he must needs leave the trout brook in order to get to Boston in time to prepare his sermon. As he thought of the old trout rod and the new sermon, the "revelation" suddenly came to him, something like this: "It is far better to preach a good old sermon than a poor new one. Edward Everett Hale, stay where you are, and go a-fishing!"

The religious situation at the soldiers' encampments is not without its humor, and must tend to liberalize the men who compose them. Recently a Roman Catholic private, finding on a Friday that the supply of fish had given out, was constrained to partake of a meat diet. By his side at table sat a Jew who, unless he would go dinnerless, had to eat of the forbidden swine's flesh. "Too bad! too bad!" said the first, his Irish wit not forsaking him. "Two perfectly good religions spoiled!"

How We Reduced Our Table Cost With Delicious Quaker Oats

In the writer's home when foods began to soar, we made a study of food values and costs. We figured by calories, because all rationing is based on this unit of nutrition.

We found that 1000 calories cost five cents in Quaker Oats. We found that in eggs the same nutrition cost over 40 cents.

**In steak it costs over 27 cts.
In ham, 19 cts.—In potatoes, 16 cts.
In bread and milk about 13 cts.**

Our average meal, measured by calories, cost four times as much as Quaker Oats. So I figured that every dollar's worth of Quaker Oats would save us about \$3.

We used Quaker Oats in bread and Muffins, in pancakes and cookies, as well as in porridge. Then I discovered that Quaker Oats made most things more delightful. That luscious flavor, found in no other grain food, has made our new meals twice better than the old.

We were missing all that before.

Quaker Oats

Just the Queen Oats Flaked

Quaker Oats are made from only the rich, plump, flavory oats. In this selection a bushel of choice oats yields but ten pounds of Quaker.

So Quaker Oats has become world-famous for its wealth of flavor. Among oat lovers everywhere it is the favorite brand. Yet it costs no extra price.

The way to make oat foods doubly popular is to make them with Quaker Oats.

12c and 30c per package in United States and Canada, except in the Far West and South where high freights may prohibit



*All
Made
With
Oats*

Quaker Oat Bread

2 cups Quaker Oats, 5 cups flour, 2 cups boiling water, $\frac{1}{2}$ cup molasses, $\frac{1}{2}$ tablespoon salt, 1 tablespoon butter or other fat, 1 cake compressed yeast dissolved in $\frac{1}{2}$ cup lukewarm water.

Add boiling water to oats and let stand one hour, add molasses, salt, butter or fat, dissolved yeast cake and flour. Let rise until double in bulk. Knead thoroughly and shape into loaves. Put into greased bread pans, let rise until double in bulk and bake 45 minutes.

- This recipe makes two loaves.

Quaker Oats Muffins

$\frac{3}{4}$ cup uncooked Quaker Oats, $1\frac{1}{2}$ cups flour, 1 cup scalded milk, 1 egg, 4 level teaspoons baking powder, 2 tablespoons melted butter, $\frac{1}{2}$ teaspoon salt, 3 tablespoons sugar.

Turn scalded milk on Quaker Oats, let stand five minutes; add sugar, salt and melted butter; sift in flour and baking powder; mix thoroughly and add egg well beaten. Bake in buttered gem pans.

Quaker Oats Sweetbits

1 cup sugar, 2 eggs, 2 teaspoons baking powder, 1 tablespoon butter, 1 teaspoon vanilla, $2\frac{1}{2}$ cups uncooked Quaker Oats.

Cream butter and sugar. Add yolks of eggs. Add Quaker Oats, to which baking powder has been added, and add vanilla.

Beat whites of eggs stiff and add last. Drop on buttered tins with a teaspoon, but very few on each tin, as they spread. Bake in slow oven. Makes about 65 cookies.

The Silver Lining

Spuds in Society

(Daily Paper: A leading Newport society woman has devoted part of her lawn, this year, to the raising of potatoes.)

Time have changed, oh, tubers, lowly,—
Think it over,—take it slowly,—
You're a fad of fashion's fair!
The élite shall be your rooters,—
We shall find you at the fruiter's,—
With the alligator pear.

Some one, soon, will spread the story
That the rare complexion glory
Of the Irish colleen's cheek.
All is due to simple diet,
Anyhow, no harm to try it,—
Buttermilk and "murphies," meek!

Who remembers when they used you,
Very much, indeed, abused you,
Just to clean a common pen!
You have held a tallow candle,—
That, today, would start some scandal
If it came to Hoover's ken!

In the social scale you're rising,—
"Spuds from Newport," so surprising;
Presently will come a wail:
Now no longer plain "pertaters,"
Watch our scheming speculators
Skyward make the prices sail!

Robert F. McMillan.

A Premature Question

Tommy had been playing truant from school, and had spent a long, beautiful day fishing. On his way back he met one of his young cronies, who accosted him with the usual question, "Catch anything?"

At this Tommy, in all the consciousness of guilt, quickly responded: "Ain't been home yet."—*Tit-Bits.*

The minister's little son was struggling with his home lessons, and happened to remark to his father that the teacher had told him that "congregate" and "collect" meant the same thing. "Quite wrong," said the parson, "quite wrong! You musn't put that. Tell your teacher that there is all the difference in the world between a 'congregation' and a 'collection'!"—*London Answers.*

Mr. Younghusband reached home late for dinner. "I got caught for speeding on the way home," he explained rather sheepishly. "Have to appear tomorrow morning and get 'ten dollars or fifteen days.'" Mrs. Younghusband fervently clapped two blistered little hands. "What a providence!" she cried devoutly. "Take the fifteen days, John! The cook has just left!"—*Harper's Magazine.*

Readily Explained

An Irishman employed in a large factory had taken a day off without permission, and seemed likely to lose his job in consequence. When asked by his foreman the next day why he had not turned up the day before, he replied:

"I was so ill, sir, that I could not come to work to save me life."

"How was it, then, Pat, that I saw you pass the factory on your bicycle during the morning?" asked the foreman.

Pat was slightly taken aback, then, regaining his presence of mind, he replied:



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To stand the rough service, every active child should wear the

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OBLONG RUBBER BUTTON HOSE SUPPORTER

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Child's sample pair (give age) 15c. postpaid.
For infants—"The Baby Midget Velvet Grip
Hose Supporter." Silk 15c., Lisle 10.

George Frost Co. Makers Boston

MINUTE DAINTRIES



Coffee Tapioca

Cook fifteen minutes in 3 cups coffee, $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{2}$ cup sugar and a little salt. Flavor with vanilla and serve cold with cream and sugar. One more cup of coffee may be used unless it is desired to mold this dish. This is shown molded in a jelly glass and served with whipped cream.



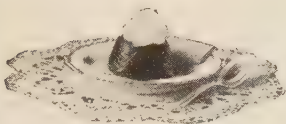
Tapioca Griddle Cakes—Mix 2 cups Tapioca Cream, unflavored (see Minute Cook Book), $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon salt, 1 cup flour and 2 level teaspoons baking powder. Bake on a hot griddle and serve with butter and honey or maple syrup. These are delicious for Sunday morning breakfast and easily prepared, as the Tapioca Cream can be made the day before.

Mrs. Delia M. Derby —
in charge of Receipt, Menu
and Household Help Service
of Minute Tapioca Company.



Pineapple Tapioca

Boil $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{2}$ cup of sugar and pinch of salt in 4 cups of water till clear. Remove from fire and add 1 cup pineapple grated or chopped with $\frac{1}{2}$ cup of sugar. Serve with cream. This is shown served on a slice of canned pineapple with whipped cream and whole nut on top.



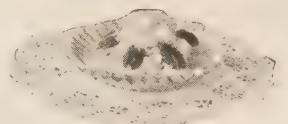
Danish Pudding

Cook $\frac{1}{2}$ cup Minute Tapioca in 3 cupfuls hot water 15 minutes. Add $\frac{1}{2}$ cup sugar, 1 saltspoon salt and 1 small tumbler grape jelly. Stir till dissolved. Serve ice-cold with sugar and whipped cream. Pint ripe strawberries may be used in place of jelly.



Tomato Tapioca Soup

To 1 pint of strained tomatoes add $\frac{1}{2}$ tablespoon extract of beef, 1 ounce butter, 2 tablespoons Minute Tapioca, 1 $\frac{1}{2}$ pints hot water and salt and pepper to taste, boil for fifteen minutes. Serve with fried bread or toast. *



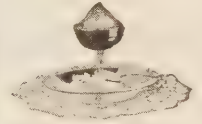
Maple Walnut Tapioca

Heat 1 pint milk and stir into it carefully 2 heaping tablespoons Minute Tapioca. Cook 15 minutes, then add the well-beaten yolks of 2 eggs and a pinch of salt, but NO sugar. Stir for 3 minutes, then let cool. Beat $\frac{1}{2}$ cup of maple syrup into the cool tapioca and add English walnut meats, chopped fine. Serve with whipped cream and place half nuts on top.



Chocolate or Cocoa Blanc Mange

Add $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{2}$ cup sugar and a little salt to 3 cups chocolate or cocoa made proper strength for drinking. Let cook 15 minutes, stirring frequently. Remove from the stove, flavor with vanilla and pour into a mold. Shown here molded in a tea cup and served with whipped cream.



Strawberry Tapioca

Cook for fifteen minutes in a double boiler $\frac{1}{2}$ cup Minute Tapioca, $\frac{1}{2}$ cup sugar, 1 teaspoon butter and 3 cups of hot water. Take the tapioca from the fire and stir in 1 cup of preserved strawberries. Set in a cool place. It should be served very cold. This dessert is delicious served with whipped cream. Raspberries may be used in place of strawberries. Shown molded in sherbet glass.

For Your Next Dessert

Any one of these eight desserts suggested will satisfy your family—and yourself. For besides making a temptingly delicious dessert, Minute Tapioca is a real food, easily digested. And it is one of the easiest of

Minute Tapioca prepared
desserts for you to
make. Minute Tapioca
dissolves immediately in hot water
or milk, cooks done in 15 minutes with-
out lumps or sogginess. The low price, too,
is an inducement. Why not send now for
free Minute Cook Book giving 124 receipts
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Minute products won Gold Medal of
Honor at Panama-Pacific Exposition.

Minute Tapioca Company

912 West Main St., Orange, Mass.

*N. B. 2 tablespoons Minute Tapioca added to a quart of any kind of soup about fifteen minutes before removing from the stove adds greatly to its flavor and nourishing qualities.



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copy of the Minute Cook
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All from One Bottle of Milk!

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Household size, prepaid, 30 cents
16 ounce bottle whips 75 quarts
of thin cream. \$1.00

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631 EAST 23rd ST., BROOKLYN, N. Y.

"Sure, sir, that must have been when I was going for the doctor."—*Pittsburgh Chronicle-Telegraph*.

A Theological Controversy Settled

When I was running a daily newspaper, says E. W. Howe, in his *Monthly*, a controversy arose over the question: "Why don't God kill the devil?" And one of the answers came from an uneducated man, who wrote: "Because there ain't none."

Two Sides to Every Question

"This question has two sides," said Senator Newlands, in a recent argument. "It's like the young ladies' matrimonial argument.

"I," said the first young woman, 'don't intend to marry till I'm thirty.'

"And I," said the second, 'don't intend to be thirty till I'm married.'

Mr. Bellows: "O, wife, these look like the biscuits my mother baked twenty years ago."

Mrs. Bellows (greatly delighted): "I'm so glad."

Mr. Bellows (biting one): "And, by George, I believe they are the same biscuits!"—*Chattanooga Times*.

In these days we are reminded of that delicious story of Father Taylor and his estimate of his neighbor Emerson: "It may be that Emerson is going to hell; but of one thing I am certain, he will change the climate there, and emigration will set that way."

Lucinda was testing the devotion of Erastus. "S'pose it is night and we are in a deep, black woods. There comes a bo-er constricter a-wriggling through the grass; an' a wild-cat a-bouncin' through the bushes; an' a lion roarin' and making for us a mile a minute! Ugh! What are we gonna do?"

"There ain't gonna be no *we*."

Simple Dishes

Extending Meat Flavor to Cheaper Food

Chicken Gumbo Soup (stew) (chicken, okra, rice, tomato)

Succotash (dried or canned beans and corn, salt pork)

Boston Baked Beans (beans and salt pork)

Macaroni Milanaise (macaroni, broth from left-overs, bits of cooked tongue or sausage, tomato, cheese)

Rice Milanaise (same as above, with rice)

Stewed Lima Beans (dried) (cooked with beef extract or broth from left-overs)

Philadelphia Scrapple (cornmeal cooked with pig's head, fried)

Beef-and-Oatmeal Scrapple (see Seasonable Recipes)

Ham or Chicken Soufflé (meat with tapioca or bread crumbs, milk and eggs)

Creamed Corned Beef-and-Celery

Onions stuffed with bread crumbs and sausage, ham or veal

Creamed Corned Beef or Ham and Turnips or Onions

Beef or Lamb Stew (beef, onions, carrots, potatoes, parsnips)

Pigeon or Squirrel Pie (meat, potatoes, Fifty-Fifty Crust)

Casserole of Pigeons (pigeons, onions, potatoes, canned peas)

Flank Steak (bread or rice stuffing), Braised

Pork Tenderloins (potato or bread stuffing), Roasted

Curry of Chicken, Plain Boiled Rice

Left-Over Chicken, Creamed, Curry of Rice

Potatoes and Onions Scalloped with Broth



DUNWOODY INSTITUTE, WHERE THE GOVERNMENT IS PROVIDING INSTRUCTION FOR SHIPS' COOKS OF THE
UNITED STATES NAVAL TRAINING DETACHMENT IN MINNEAPOLIS

American Cookery

VOL. XXII

FEBRUARY, 1918

No. 7

Making Cooks for Uncle Sam's Navy

By Willard Connelly, Chief Yeoman U. S. N. R. F.

IN our Navy one cook is required for every fifty men aboard ship. Eighteen to twenty cooks are needed for a first-line dreadnaught, whereas a destroyer calls for only three. Again, figure the complement of cooks on a big transport and you may arrive at some idea of the immensity of the culinary personnel demanded today by Uncle Sam's fast-growing fleets.

The Navy cannot reach out to employment agencies, and like the steward of a great hotel engage so many ready-made cooks, able to begin their duties at once. Naval cooks experienced or not must be indoctrinated with the specific regulations of the galley, must be disciplined, and they must study a long series of topics on scientific means and food values. After a preliminary training of a few months at some large naval station, cooks begin their instruction, rated as seaman, second class, and in about four months more, if they display fitness, they are recommended for sea service with the rating of cook, fourth class. In these days of necessarily rapid promotions it does not take long for a cook, once at sea, to gain third class and then second class, although his advance to the highly responsible post of first-class cook—in charge of the galley—is, of course, somewhat slower. However, the excellent chances now open for an intelligent apprentice to develop into a capable chef are an invitation which has

attracted thousands of young men to Navy recruiting offices.

A representative case of the thorough instruction which our sea cooks are receiving today may be noted in the naval classes at Dunwoody Industrial Institute, Minneapolis. Under the able command of Ensign Colby Dodge, U. S. N., eight hundred men in ten different vocations are in training for the fleets. Of these students, none are of more compelling interest than the cooks, and by their voracious mates in other courses the cooks, indeed, are almost pampered. Hours for mess are seven, eleven-thirty, and five. That is nothing unusual, but consider that between times each blue-jacket undergoes a goodly share of manual instruction every day. Hence appetites universally gigantic.

The course of training is in general patterned on the schedule in vogue at the older Navy Commissary Schools of Newport and San Francisco. At Dunwoody no sharp distinction is drawn between the subjects given cooks and those given commissary stewards. That is, cooks receive training for both ratings. Every naval cook is ambitious to become a commissary, the rank to which he graduates after having proven his worth as cook, first class.

Miss Anna Stanley, Chief Commissary Steward, U. S. N. R. F., the first woman to be appointed to that rating in the Navy, is in general charge of the de-



MISS ANNA STANLEY, CHIEF COMMISSARY STEWARD, U. S. N. R. F.

The first and only woman to hold that rating in the Navy. She is a graduate in Domestic Science. Twice daily she teaches a class of sixty bluejackets in scientific cookery.

partment at Dunwoody, with Commissary Steward Philip Miskowski, U. S. N., who has had eleven years' service on all types of warships, overseer of the galley and instructor in the actual cooking processes of the Navy. They are at present teaching about sixty apprentices.

Now that the first company of cooks has departed for the receiving ship somewhere on the Atlantic Coast, there to await detail to the fleets, it is possible to obtain a perspective on the settled program of classroom and galley training, nicely, effectively balanced.

The hours of duty, "on watch," will appall a staid housewife, and in the beginning they create considerable dismay amongst the apprentices themselves. A cook goes on watch in the galley at one in the afternoon to stand by until seven in the evening, say on Monday. That shift does not perturb him. But when he learns he must be back at four on Tuesday morning, which means quitting his bed at three, he wonders whether he ought to go to bed at all. His second watch, then, extends until one o'clock Tuesday afternoon. Thus, he works 15

hours out of 24, but—he is off duty from Tuesday at one until Wednesday at one, and so recuperates. This schedule applies only to the galley. I must add the daily hour of classroom instruction, from one to two or from eight to nine in the morning, according to the shift in which the bluejacket happens to be detailed.

The first job assigned to the newly arrived apprentice is to operate the automatic dishwasher. This prosaic task recalls his office-boy days—for he has probably been an office-boy at some time—the days when he received his first order from his first boss, the unlovely order to "sweep out." Displaying progress and care as a dishwasher, the cub cook is allowed to run the carborundum potato-peeler, a machine infallibly holding a place of honor in all battleship galleys. He advances to the acquaintance of the mechanical potato-masher, the bread and dried meat cutters, he scours the pots and pans, investigates the gas and steam cookers. In short, he must be a thoroughly ingrained scullion before he gets a chance to prepare food.

All this time he is getting scientific in-

struction in the classroom, taught by Miss Stanley, graduate in domestic science, a dietician, and for several years a student of cafeteria management. It should be here remarked that the food is served on the cafeteria system, which plan, lately introduced with success aboard several of our largest warships, seems now in popular favor. In class, the apprentice cook studies food values, balanced diet, compiling menus. First he is directed to make up a menu for one day, then for three days, and when he knows enough not to write roast beef every day for dinner, to be chary with breakfast eggs, to restrain his natural inclination to wind up every meal with pie, then he is told to cast the bill of fare for the entire week. That is a feat for anybody to perform, in consequence of which an instructor must be somewhat indulgent with a youthful blue-jacket.

While he is gaining first knowledge of galley methods and apparatus, the cook is familiarized by the Commissary Steward with the important subject of the accounting system for supplies. Com-

manding Officer Dodge and Acting Director Kavel, of the Institute, have insisted that all cooks be exhaustively drilled in this topic. It is an index of their senses of responsibility, reliability, and accuracy. No cook who does not know absolutely his accounting system can hope to become a commissary steward, much less a paymaster. Every month a carload of dry provisions is shipped to Dunwoody from Great Lakes Naval Station in Illinois (the fresh meat and vegetables are purchased directly in Minneapolis), and these provisions are stowed in the general storeroom, where the accounting system begins. The cook must here learn stowage, air spacing, and to estimate at a glance the amount on hand of any given commodity. From the storeroom, supplies for each day are transferred to the issue room, adjacent to the galley. The man in charge of the issue room is known both at sea and ashore as "Jack-of-the-dust." This role the cooks take turn about in performing. Stowage in the issue room, the real pantry, is on a different system, since the supplies must be instantly at hand.



DUNWOODY COOKS PREPARING THE NOONDAY MESS

The bluejacket on the right is the chief cook and instructor, who for eleven years has served in the galley aboard gunboats, destroyers, cruisers and battleships.

These supplies must be daily accounted for to the paymaster, who observes whether the statement reads "over or under issue," and he compares the totals with the week's menu which he has previously approved. If the food runs over issue, that is, beyond the allotted navy ration, a cut is required somewhere in a commodity, which has not run to excess. If under issue, there is so much saved for a kind of sinking fund.

Naturally all bluejackets like a special dinner on a big holiday, such as Thanksgiving. For that festival more than half the sailors, those about to go to sea, were given leave by Commandant Dodge to journey to their homes. Those who remained at the Institute were none the less avid for their turkey, plum pudding, candy and cigars. They were given a fancy dinner, indeed, for which they were quite willing to accept a slight curtailment of their rations on the following day.

This shortage of the morrow was negligible, however, because the "under issue" balance, due to the instilled thrift of the cooks, fairly compensated. Such a phase of the cooks' training routine

naturally leads to a corollary of the accounting system, the topic of navy ration.

For example, the daily ration of a bluejacket is a pound and a quarter of bread, a pound and three-quarters of meat, an ounce of milk, an ounce and a quarter of butter, half an ounce of spicing, and vegetables in proportion. Now at Dunwoody the sailors are subsisted at the rate of forty cents per man per day, maximum allowance. Therefore the aim of the chief cook is to keep down food consumption two or three cents below that figure, in order to have a surplus for holiday feasts or for supper parties when the bluejackets have a dance in the gymnasium. It happens that a variable number of the men are invited out by Minneapolis civilians for Sunday dinners. For this reason the galley has usually several dozen loaves of bread left over on Sunday night. It is turned into bread pudding for Monday dinner. This illustrates one way in which the cooks are taught to economize on rations. They can keep the average expenditures down to thirty-eight cents per man and so evade the wrath of the paymaster.



STUDENTS IN THE EXPERIMENTAL BAKERY AT DUNWOODY

Where tests are made and formulas tried out for war bread and other wheatless products.



BUSY WITH AN ORDER OF 120 APPLE PIES

Having learned the manipulation of utensils and having observed something of oven-management, the apprentices are allowed to try their hand at roasting, boiling, preparation of soups. Frying, stewing, broiling and braising follow in order, then sauces, gravies, puddings. The students are put at meat cookery first, then at vegetables in the corresponding different styles.

During these weeks the men in the classroom study meat cutting, which is demonstrated by blackboard diagram, the preferred cuts classified and defined. Hygiene of worker and shop is interwoven at this part of the training. They next proceed to the refrigerator and put their new knowledge into practice, with a side of beef or mutton.

"This science is too complicated for me," protested one of the apprentices, a bit rueful at his uninspiring efforts to carve out veal cutlets. "I'm going to quit the cook profession and learn to be a doctor."

Lectures and recitations alternate. For a more comprehensive view of the exact ground covered by the apprentices in their entire sixteen weeks' course, it may be of interest to append a condensed outline of classroom topics covered week by week.

Very few of the bluejackets enlisting today have ever been at sea. They must first be made acquainted with the personnel of the Commissary Department aboard ship, must know that the commissary steward is the head of both galley and bake-shop, that the next in authority is boss of the galley, the cook, first class. The latter has four assistants, two second and two third class cooks, who in turn have twelve to fifteen fourth class cooks, neophytes just out of a training school such as Dunwoody. The men are then taught ship storeroom regulations, how dry provisions are stowed as methodically as goods in a well-packed trunk, and refrigeration, with the warning that there must always be a space of at least two inches between hanging sides of meat. All parts of the ship are next explained, especially the quarterdeck aft, where the galley on the newer dreadnaughts is located. The week is wound up with talks on care of the galley and cleanliness, painting to eliminate insects, management of electric, oil and coal ranges. Battleships have electric ranges, destroyers burn oil in the galley, and gunboats coal. The new-made cook may be detailed to any one of these types.

During the second and third weeks,

with menu study and food values before mentioned, cooking methods are taken up in general. Toward the end of the period certain of these methods, such as boiling and simmering, are applied to talks on the preparation of soup stock, soups and chowders, of which about twenty of the ordinary varieties are discussed. The topic of food conservation happened to be broached during one of these recitations, and Miss Stanley asked the student jackies to define it.

"It means we must diet," said one, one who would, indeed, have benefitted by so doing.

"No," volunteered another. "It means the soldiers and sailors must all have enough to eat."

The men were immediately required to write in their log books the meaning of Hooverization. In connection with this point it may be added that every Tuesday is meatless day, and every Wednesday wheatless. This routine is not in force, because it has been called stylish (since most Americans are prone to over-eat, the restriction is scarcely a hardship), but because Commandant Dodge, working in every way possible

with the Washington authorities, believes in preparing for real self-denial which will doubtless be enforced in victuals during the next two or three years.

The cooks, having learned that navy ration stipulates food productive of 6,000 calories daily for each man, are taught with due stress the significance and nature of meat equivalents which must be substituted for meat on Tuesday's menu. Eggs or cheese, fish, legumes, such as lentils, peas or beans, and occasionally oysters, are the featured equivalents on the meatless bill of fare. Anticipating a possible shortage of potatoes, starchy equivalents as spaghetti and unpolished rice, aid in tuber saving.

"Since it has been established that the rice vitamins are found only in the unpolished kind," says the Chief Commissary Steward, "I have recommended its exclusive use. In the Russo-Japanese war the Japanese lost thousands of men through malnutrition induced by eating polished rice."

For wheatless day, the Dunwoody blue-jacket bakers provide the galley with war-bread and muffins of different sorts. The war-bread is three-fourths wheat



A CORNER OF THE GENERAL MESS

The trays denote the cafeteria system, such as is in practice aboard U.S.S. "*Vermont*" and "*Texas*," and is gradually becoming more popular in the Navy.

and one-fourth oat or barley. The oatmeal bread especially is highly popular with the men, and would, indeed, be welcomed oftener than once a week. When it is considered that the blue-jackets consume four hundred loaves a day, the saving in wheat flour is appreciable.

"What is the cheapest substitute for wheat in bread?" one of the apprentices was asked in recitation.

He had been reading about the German method, and promptly replied "Sawdust."

Inasmuch as the time-honored custom of spreading sawdust on grocery and butcher-shop floors requires in America practically the entire output of that commodity, our grocers and butchers will never permit it to be diverted to bread. Therefore the student cook's answer was critized as un-American.

The fourth week of classwork is occupied with the subject of sea food. Fresh and salt fish in fritters, cakes and croquettes, lobster and crab croquettes, oyster and clam fritters, salmon in its various attractive ways of serving. As previously indicated, it is arranged that the men have at the same time applied practice on such dishes in the galley.

This instruction is followed up by study of a time table for cooking meats and vegetables. It is insisted that the men know this chart as they know their multiplication table, and those whose knowledge of the latter is shaky must learn the cooking table anyhow, lest they disrupt the galley. Then a whole week is given over to beef, from the prime roast right down through all its intermediate presentations until the adieu—the weary hash. Another week takes

veal and pork, the roast, the chops, veal loaf and stew, then mutton stuffed and braised. Salt meats are the succeeding topic, and extra important because of the great quantities used when long at sea; corned beef, salt pork, hams, tongues and bacon are surely among the principal reliances of the navy cook. The ninth week completes meat cookery, with the survey of poultry—mainly chicken.

Meat cutting follows. A national-spirited wholesale butcher in Minneapolis has offered the Dunwoody cooks free instruction in his shops. The men have profited distinctly through this largess. After a few days at the chopping block they go to the refrigerator, withdraw a beef, and apply the cleaver with a sure swing.

A week is devoted to potatoes, in every style so far concocted. All the other vegetables and their accompanying sauces take the next similar period. Then come the desserts, particularly plum duff, that ancient and persistent marine relish of flour, baking powder, molasses, raisins and prunes. Puddings and stewed fruits supplement this schedule, including pies.

The course is completed with hot breads and griddle cakes, salads and dressings, and for the final lectures flavoring herbs and spices.

When Dunwoody cooks get to sea, the chief feature of training to which they are not accustomed will be the landing-party drill, once a week on deck. The cooks must stow provisions, guns and fishlines in the small boats in case it is necessary to go ashore in an unsettled land and camp.

"But even without that," says Ensign Dodge, "these cooks right now are good enough to call chefs. Let's go to mess."



The Basis of Victory

By Ladd Plumley

WAR has a sure grasp on the fundamentals of life. In the light of sacked and blazing cities, however distant, the foolish and, perhaps, wicked conceits of ordinary days begin to take their proper place. Nero fiddled when Rome was burning; if those fires had been kindled by an enemy, doubtless Nero would have been fighting instead of fiddling. In the early colonial days a fellow did not go fishing when the war-cry of Indians was heard back in the forest at the fringe of the village. The soft pleasures of life, dancing, card-playing, guzzling in the wine rooms of men's clubs, and all the rest that goes with the fancied security of peace, look monstrously ugly when the boys in khaki begin to assemble and the strains of martial music pulse the air.

One of the most instructive things connected with the present war is the attention that has been devoted to food and the preparation of food. Even in peace, of course, the Goddess of the Kitchen is the ministering angel for every one in the household, but in times of peace she is regarded by many as a rather humble goddess. Her importance and her dignity are not always recognized. But as it has changed so many other things, war has changed this. The Goddess of the Kitchen has stalked into the full gaze of all, and we have made haste to bow our heads before her and worship her. She has ascended her rightful throne and we see her in all her nobility.

It is true that man does not live by bread alone, but it is also true that without bread man cannot live very long. And even with bread alone, plain bread, man is a very inefficient engine, either physically or mentally. Thoreau managed to do some pretty good headwork on a diet of beans, but Thoreau died in

his early forties, and there are many of us who believe that, if he had paid more attention to his diet, tuberculosis would not have got its grip on him.

The digger Indian lived principally on raw food, with, as a relish, a variety of edible clay. And, it is to be remarked, he never became anything but a digger Indian. On the other hand, and the fact must have the supremest importance on the history of the proud empire, England has been known as a land of plenty in food, the land of devotion to the good things that go into the stomach, since the time of the Roman invasion. English literature is packed with excellent food, well prepared. Dickens could hardly write a page without mentioning good things to eat, and an evening with Thackeray means an invitation to the reader to linger beside vast mahogany tables, weighted down with saddles of mutton, joints of juicy beef, great boiled fish, rich side dishes without end, and plenty of good things to drink. Drop into the pages of classical English generally and you will not read far before you are in the company of diners and have a waiter at your side with anything to tempt your appetite, from thick turtle soup to a great pine-apple, which in early days had been wafted in sailing ships from the West Indies. Is it true that the reason for the supremacy of the vast empire is that she has always been such a well-fed nation? It rather looks that way.

The same thing is found in French literature. The pleasures of the table make up no inconsiderable a part of the art of the great French essayists and story tellers. And in the days of her supremacy, Spain, too, led in her cookery, and the emissaries of her merchants, her nobles, her princes, searched the earth for gastronomic artists for her kitchens, ministers of a secluded interior, who

were the ministers at the very bottom of everything that made her the mighty empire that she was.

In our own home land we know that excellent food has been always the foundation of our liberties. Cookery permeates things literary in America, as it permeates all things, including religion. We New Englanders could never be moved in our hearts for devout praise to the giver of all good unless we were certain that as a windup of the long morning in church there was a generous dinner, waiting for the attention of the vacant space below the heart. And once a year, on the day set apart as the supremest day of all the days in praise giving, we know how the national bird cut off his talons, dropped his head, and instead of screaming his challenge in the ethereal blue, appeared transformed into a turkey, brown, luscious, and tender, a thing delicious, and, mark you, strength-giving. And in early days the frontiersman who was well filled with turkey made a dangerous enemy for the Indian foe who lurked in the back-lot.

If a general cannot see his way clear to carry a city by storm, and can surround the city, he can always subdue it by starvation. It is easy to conquer a hungry enemy, and, in the end, most wars have been decided—not because of a righteous cause, but by the victory of the army which had the most food at the rear of its lines. True, Washington's armies gained victory on the slimmest of diet and with little food anywhere. But even in those days America was almost an impossible country to subdue. The English could hold the seaboard, but with three thousand miles of wilderness at the rear, into which the American troops could retreat, it is rather difficult to imagine how they could have been defeated. And the wilderness was full of food, for the soldier who had lived on the frontier and knew how to make use of its vast stores of game.

The point to all this? Rather important at the present time. Food, cookery,

and the teaching of cookery are the most important things in American life. If as a nation America is to continue to stand in the van of nations, our citizens, the most humble of them, must have plenty of excellent food. Not a scant and scimping menu, but an abundant and nourishing menu. Those persons who ask the worker to dole out to himself and his family only sufficient to keep up the breath of life are giving false and foolish advice. The American worker must have an abundance of nourishing and enjoyable food, if the American nation is to be in the future what it has been in the past.

Before we are done with it, this war is going to sit at the fireside of every citizen in our land. On every one of us the ogre will make his unrelenting demands. And one of the demands will be that all foolish pleasures shall be given up, shall be given up in order that the mass of the people shall enjoy, yes, enjoy, a sufficiency of appetizing food.

For instance, automobiles are all very well in their way. The swift wheels carry the physician to the bedside of the patient in a quarter of the time that the legs of horses once did. For the invalid and the aged, the auto is a valuable and, perhaps, the only means for gaining fresh air. There are many legitimate uses for the automobile. But as a nation we are swallowing millions of gallons of gasoline in our steel pleasuring carts that before the war ends must be devoted to other uses. In our auto factories we, as a nation, are squandering the energies of hundreds of thousands of workers who are supremely needed on our farmlands. As a nation, we have made a false god of the auto, and not the servant that the machine should be. As a nation, we must divert a large portion of the automobile waste in the direction of farming, food production, and food conservation. The expense of keeping a single car would feed a man, would generously feed a man.

The auto is only one of America's

foolish extravagances, which make for insufficient food for our workers. Everywhere you see the wasting of the energies of toilers, everywhere you see squandering in dress, in jewels, in travels, in pleasures generally, what could be cut off and what must be cut off before this war is at an end and before we are safe as a nation.

There is a very practical reason why we should talk of these things. Unless we realize wherein is our strength, and wherein is our weakness, we cannot make head against nations that realize, and provide laws for the best use of money and labor. Today, the supreme duty of an American is to decrease any waste in the consumption of food, of course, but the more important duty is to make plans for the immediate increase on a large scale of the production of food, so that every one of our workers and all the members of their families shall have an abundance of appetizing food. This can be done only by concerted action, by cutting off pleasures which are absurdly silly in comparison with the need of food, and by a self-denial for some of us, who, in the past, have almost forgotten the meaning of the term self-denial.

Every woman and girl in the land should give more attention than she has ever given in the past to the art of cookery. If she is not an efficient cook, cannot make good bread, cannot make good pie, cannot make good cake, she should

blush for herself. If she is not a good cook, she should take up cookery, and, as a serious study. She should not be content until in this fundamental subject she has developed herself to the very limit of her powers.

We will need many trained nurses, but one of the things which is required of the trained nurse is that she can prepare a nourishing meal, and with the least expenditure of time and materials. In every hospital cookery is at the basis of the surgeon's efforts. A well-fed patient has many times the chance of recovery than the wounded soldier who is served with ill-prepared food or has an insufficient diet.

Food, food, food, food! Appetizing, generous, well-cooked food for everybody—the soldier in the field, and the worker at home—food, is what will bring quick and complete victory to America. If you have a big problem on hand, you will always do an exceedingly wise thing to see to it that you have a nourishing meal inside of you. America has a big problem, the biggest problem that has ever been presented to her by the great taskmaster. We must see to it that America has a full and appetizing meal set before her. Everything else is of relatively minor importance. Let us not be satisfied until the country is producing food so lavishly that the most humble worker and his family have three square enjoyable meals a day.

The Call

Now the WAR GOD rules the nation,
Listen to our country's call—
Hooverize and curtail fuels,
If the foe you would forestall.

Rally to the present crisis—
Buy a THRIFT STAMP; BUY A BOND!
Put your shoulder to the burden
And to duty's call respond!

Since the die is cast in favor
Of a humane, worthy cause,—
Make the enemy "bite granite"
And eliminate its flaws!

Cheer our gallant, loyal soldiers
With your steadfast loyalty!
Do your bit to win world freedom
And retain our LIBERTY

Caroline Louise Sumner.

Conservation and Camouflage

By Mary D. Chambers

Author of "Principles of Food Preparation"

AT the hotel next door, in the old Southern city, the women were complaining loudly about the meatless days. Miss Frazer, elderly, fragile, and fastidious, found their noisy discontent intolerable. She wondered that they could be so selfish in this great crisis.

"How is it at your place?" one of them cried from the adjoining piazza. "Have you compulsory fasts wished on to you, at a rate of five dollars a day?"

But Miss Frazer suddenly remembered something that made her hot from head to foot with shame. She murmured vaguely in reply, and asked to be excused—she had to go to her room. For she only that moment recalled that, on every day of every week, meat dishes were served for all the meals at the Maison Lafie, and she had partaken of them! It was pure thoughtlessness, but she felt conscience-smitten. For the future she must be careful to abstain—and—what day was this? Why, Tuesday. She must begin at once.

Miss Frazer's favorite nephew had been one of the first Americans to volunteer for France—had been one of the first to go from the battle front to a farther land than France. The prostrating grief of her loss had been the cause of this visit to Florida; friends had insisted that she needed warmth and sunshine and flowers—above all, that she needed change. The Maison Lafie was new, nobody knew much about it except that the table was exceptionally good. Miss Frazer had chosen it because of the quiet—and the proprietress, evidently French, had attracted her at first sight.

The dining-room doors were open for luncheon when she went contritely to the desk to explain to Madame Lafie her regret that she had hitherto ignored the days of abstinence. Madame's dark face

gleamed with delight—delight that was full of mischief.

"Today with my own hands shall I serve you the meatless meats," she said.

Ever since her arrival Madame had petted and pampered this woman who had given to France the son of her spirit, if not of her flesh. Today she arranged a special tray which she carried to Miss Frazer's table by the window, and sat with her while she ate, like one who watches the result of an experiment.

"The soup tastes of chicken," said Miss Frazer, weakly. It was almost too delicious to resist.

"It is *potage à la reine*," said Madame.

"But that is a chicken soup!"

"This is *potage à la reine à la guerre*—it tastes of chicken, yes, but a soup of chicken it is not."

Next she brought her "*côtelettes à l'agneau aux fines herbes*."

Miss Frazer tasted. These were unquestionably lamb. She raised a puzzled face to the smiling one opposite.

"See," said Madame, picking up the menu card. "Observe, *je vous prie*, the difference it make—the absence of *le particule*—for '*côtelettes d'agneau*' would signify they were made of lamb, but '*côtelettes à l'agneau*' this means only after the manner of the lamb, like him in appearance, like him in flavor. *Soyez tranquille, chère Mademoiselle*, nevaire do we serve any but the meatless meats on the meatless days."

"What a wonderful chef you must have!" exclaimed Miss Frazer in admiration.

"It is all he can do—it is what you call 'to do his beet' *pour la France*."

After this Madame made Miss Frazer free of their private garden back of the hotel. She seemed to divine that escape from the noisy, complaining women on

the next piazza would be a refreshment.

The garden was entrancing! It was half-grove, half-wilderness, made to seem natural with fine, concealed art. There were green glooms, eerie with streaks of moss. The air was sweet with loquat blossom; there was a riot of flowers, from the flame of the poinsettia to the delicate flush of the rose. Miss Frazer used to sit under a long-tressed Southern pine tree, spell-bound by the wooing of the wind, her unstrung nerves soothed into peace. From this shaded corner she could hear the grumble of the Atlantic rollers beyond the lagoon, and on clear days she could see their hot, white fleeces. She was experiencing, at last, the healing she had hoped for.

Among the guests was a group of French people, men and women of middle age, quiet, earnest, their Gallic animation subdued in the great sifting of the war. Many of these also came to the garden. One of them was a tall man with a club foot, whom the rest treated with much courteous deference. Often he came by himself, at the same time that she did—the siesta hour after dinner. Miss Frazer grew to watch for his appearance, to look with pleasure when he lingered amongst the flowers as if he loved them, and walked under the trees like one who found there high companionship. He was slender and supple for his years, and wore an old Palm Beach coat with baggy pockets. The lean, brown face had happy eyes—the hands, fine and sensitive, were those of an artist.

It pleased her when he stopped one day, and said: "Perhaps Mademoiselle will permit that I gather for her some flowers?"

Mademoiselle would be gratified.

He gave her a glance which she felt to be an appraisal, and disappeared behind a wild tangle at the back of a pool. Miss Frazer wondered almost nervously what he would choose for her. His face was gravely joyous when he came back and presented her with a sheaf of iris, purple, mysterious, that satisfied her soul.

Surely a man of insight—a man, moreover, who would perform with fine care anything he undertook.

Next day when almost everybody else had gone on an excursion Miss Frazer found the man of the garden standing by the desk in the office.

"Behold," cried Madame Lafie, "this one here, he is my husband, Mees Frazer. And he is also that so skilful chef who makes the camouflage of the meatless meats."

Later Madam Lafie told her more.

—o—

"We gave all we had," she said, "our three sons, our estates, our last sou, to France. Then we think what can we do more—for all that we could do in France, it could be there better done by others. But of food Armand he have always make study, so to use his knowledge we come to your land of plenty—the plenty that shall help us all to win peace, with the food you shall not waste, that you shall sacrifice, if need be—yet not so as to cause you privation, nor unrelish, for of that there is no need.

"Armand he is noble—yes, it is in France *république*, but all the same, Armand he is of the old, the high *noblesse*, yet in this country he first go to work in big hotel kitchen, there to learn what it is you like, *vous Américains*. After that we come here, to make what you call a practice house, and to us come *ces autres messieurs at mesdames*—all with the same intention, to learn how to help you to save food, and yet not suffer. When they have finish, some of them will go like servants—be chefs in hotels—some of them will teach, every one will 'do his beet.' And to do this all have made much sacrifice."

"Oh," cried Miss Frazer, "and to think that these women next door—to think that anyone should complain of meatless days."

"It seem shame to you," said Madame, "because the war, it have touch your heart. But for those others—wait, wait. When it touch their heart, too, then will

they give—ah, not bread alone, not only the meatless days, but much, much more. For of all they have they will strip themselves—and with joy in the giving such as they never had in the holding. And

the sooner all do this, the sooner there will be peace.

"Till that day come we keep hotel and we cook, and we teach to cook—and we make camouflage."

On the Trail of the Protein

By Blanche Theodore

SAVE THE MEAT!

Slogan or battle cry, or fifty-fifty? A war of foods, says the authority, save the meat!

But how, why?

If the first shall be last, then the last shall be first, for know you that meat forms thirty per cent of the protein, and fifty-nine per cent of the fat in the average American diet? Know you that the value of meat as a food depends chiefly on the presence of two important food values, that same protein and fat? Know

you that protein is necessary to the construction and continuance of the body, and that fat yields heat, muscular power and energy? But know you this, that the amount of protein from a certain weight of meat differs very little either with the kind of meat or with the cut? The difference between the cuts is in the amount of fat, and fat can be had in so many things! No, I won't say sugar!

Voila!—the table compiled by the U. S. Department of Agriculture.

<i>Kind of Meat</i>	<i>Water</i>	<i>Protein</i>	<i>Fat</i>	<i>Ash</i>	<i>Fuel value per pound Calories</i>
	%	%	%	%	
BEEF:					
Brisket	54.6	15.8	28.5	0.9	1,495
Chuck rib	66.8	19.0	13.4	1.0	920
Flank	59.3	19.6	21.1	.9	1,255
Porterhouse	60.0	21.9	20.4	1.0	1,270
Neck	66.3	20.7	12.7	1.0	920
Ribs	57.0	17.8	24.6	.9	1,370
Round	67.8	20.9	10.6	1.1	835
Shank	70.3	21.4	8.1	.9	740
Side	62.2	18.8	18.8	.9	1,145
VEAL:					
Side with kidney, fat and tallow	71.3	20.2	8.1	1.0	715
MUTTON:					
Side without tallow	53.6	16.2	29.8	.8	1,560
LAMB:					
Side without tallow	68.2	17.6	23.1	1.1	1,300
PORK:					
Tenderloin	66.5	18.9	13.0	1.0	900
Chops	50.7	16.4	32.0	.9	1,655

Experimenters say, says the Agricultural Bulletin, that, "It is commonly said that meats of different sorts vary decidedly in digestibility; for instance, red meat is less digestible than white meat, or pork than beef, or that a cheaper cut is less digestible than a tender steak. As regards the thoroughness of digestion, the results of the extended series of tests reported show that such differences do not exist in any appreciable degree, and that meat of all kinds and cuts is to be classed with the very digestible foods!"

Voila, another tenacity exploded! Mrs. Housekeeper, then, need not feel that in buying the cheaper cuts of meat, she is robbing husband or son or father of nutriment!

But—what makes cheaper prices?

Obviously, inferior worth. One article is considered better than the other, therefore it costs more money. But as all fresh meat is good, there is only relative value. Consider. The little table says that, although meats vary greatly in the amount of fat they contain, they vary but little in the amount of protein, which is the body building substance. Therefore, they would not vary as much in their nutritive value as they would in their texture and flavor! But why are we a nation of "camouflagists" if not to convert, for the period of the war, tough muscle fibre into tenderloin? It can be done!

For listen: all muscle is fibrous. Under the microscope muscle fibre is seen to be tubular in shape; in young animals it is tender, in older animals it is tough, except in the places where there has been little muscular strain. These fibres, in all animals, are bound together by what is called connective tissue. All cooks know that, if this membrane is heated in water or steam, it is converted into gelatin. The relative quickness or slowness of this process is due to the tenderness or toughness of the meat. But, you say, that's it! Who would choose to eat a piece of meat from which

the flavor had been all extracted by "ye merrie cook?"

But, what is flavor? What is that pestilential, persuasive, delicious anticipation in the mere contemplation of a succulent steak, or in the visualization of a monster turkey, quiescent and crisp, but the thought of the flavor of the viand, the thought of how it will taste! Who would care for a turkey or a steak, or even a drink, if it had no taste to it, no distinctive, alluring, individual tantalization; no flavor!

But to recapitulate; what is flavor?

"Flavor in meat," says the Agricultural Bulletin, "depends mainly on certain nitrogenous substances which are called extractives because they can be dissolved out or 'extracted' by soaking in cold water." But, it does not follow that because a piece of meat is tough, and that because you soak it longer than a piece of meat which is tender, the flavor will disappear. Not at all! Nothing is more true conversely, than that the longer an animal has had to grow, or the harder work it has had to perform, the more tenacious it will be of its extractives! That cuts on the side of beef are in reality of better flavor than interior cuts is a matter of fact; but it has not been readily discerned, owing to the difficulty of mastication. And we are all looking for something to chew on, are we not? Why not steak?

But take it in your own case. How often do you order sirloin instead of tenderloin because the flavor is better? I have. The tenderloin steak is baby flesh, it has not attained the adolescence of the sirloin; it has not extracted from the slings and arrows of outrageous fortune, the rich flavor of experience, therefore, it is not so good, to chew! And listen: from a scientific point, it is not so good, either. Physiologists say that man's digestive tract is like a beautiful piece of machinery, perfectly adjusted and balanced, only needing a certain lever to set it in motion, so that it can perform the work it was expected to perform. And

that lever, or those levers, are the flavoring qualities of foods, especially of meat. These act as excitants to digestion, they aid in the secretion of the proper digestive juices at the proper time. That is why doctors give meat extracts and broths to sick persons and invalids. In themselves they are of little value, but they stimulate the digestion, thus making the introduction of solid foods easier.

But, you say, come back to the point. How can I prepare my cheap meat, which, through the ages has been accredited tough, but, which now seems tender, with the delectable tenderness of the ewe lamb?

I will tell you. Research has only divulged two actual ways of cooking fibrous meat; first, by putting it in cold water and cooking it at a low temperature (good for bone, gristle and the toughest portions of the meat, which should be divided into small bits); and second, by searing the surface of the meat quickly in fat, and then stewing it. Good for semi-tender cuts. But don't visualize an endless variety of stews, for these two methods are only a genesis from which a revelation may be evolved. For what are the many varieties of meat dishes but matters of flavor and garnish?

For instance. The housekeeper attempting to reduce her meat bill by the substitution of cheaper meat will study the different ways of preparing it. But in the whole category of the *cordon bleu*, there is nothing more than stews, fries, broils, roasts. That, whether the meat is tender or tough; that whether you buy it in the markets of the rich, or the markets of the poor! Goulash, curry, casseroles, they are only evolutions of the despised stew, they are only stews with sauce or spice flavoring, and they can be made as readily with the cheaper cuts as with the more expensive ones! Indeed, more readily.

But fries, broils, roasts! The econom-

ical home can have them as well as the home that is not economical. Listen. Next to the unchanged flavor of the meat itself, comes the flavor which is secured by browning the meat with fat. Any meat can be browned first with fat. The idea is this. In a tough piece of meat the browning prevents the juices from escaping; thus a tough piece of meat can be cooked long enough to make it tender without seriously impairing its quality. An old-fashioned way of rendering tough meat tender was to pound it. This is good because it helps break down the tough tissues, but it has the disadvantage of driving out the juices, and, with them, the flavor. A way of overcoming this is to pound flour into the meat, it catches and retains the juices.

But what about the piece of meat, you say, that is so "all-fired-ly" tough as to require prolonged cooking? Easy. Let the meat extractives escape in a gravy which is served with the meat itself.

But it is the art of preparing savory gravies and sauces, of flavoring vegetables, herbs, spices, that ye housewife, who wishes to carry this particular kind of camouflage to success, shall have to know. Also will she know the intricacy of Mock Duck, which is round steak, and Mock Wild Duck, which is flank steak and lamb kidneys, and many, many other things! Heaven help her!

Oh, yes, I forgot. There is another method of rendering tough beef tender. The connective tissue about the bundles of fibres is soluble in acetic acid, the acid to which the sourness of vinegar is due. Thus it is possible to make beef more tender by soaking it in vinegar, or in vinegar and water. Vinegar being a preservative, surplus beef may be kept for several days, and then converted into a palatable dish.

HIST! We are truly on the trail of the protein!



The Light-Footed Mother

By Stella Burke May

ELLEN MALONE rubbed her wrinkled eyelids with one work-broadened hand as she pushed back a gray wisp of hair with the other, and, opening her eyes, blinked as the sun shone upon her from the half-opened window and from cracks in the limp, green shade.

"Seven o'clock!" she exclaimed, the accusing hands of the cheap clock on the bureau pointing shamelessly to this 'unwonted hour of rising. "Seven o'clock! An' the sun an hour high. Whatever's come over me, and it Tuesday and the Finlaysons' ironin' all folded down, and Annie's confirmation dress to be finished, and Johnnie out of shirts entirely, and school openin'!"

"Annie! Johnnie!" she called, but received no response from the younger Malones sleeping across the hall—Annie in the one other bedroom the tiny house afforded; Johnnie in his curtained corner of the hallway—so she wriggled out of bed and started to dress.

"Mrs. O'Hara was right," she remarked to the tired face in the mottled wall mirror;—"A light-footed mother makes a heavy-footed daughter"—and son, too," she added to Mrs. O'Hara's maxim. "'Twas not so heavy-footed they were a-dancin' off to the Labor Day picnic yesterday—Labor Day—h'mmm—for me—a picnic for them. Mrs. O'Hara is right, it's spoilin' them children I am, slavin' away for them at the washtub. An' them all tired out this mornin' from havin' a good time; sleepin' till I call them to breakfast. O, ho," and she sighed; "if himself had lived it's a different life I'd be havin'. I'd like to see how a holiday'd feel," glancing longingly at the bed.

Ellen Malone walked to the door of her room and listened cautiously. The steady, even breathing of peaceful slum-

ber came to her from Annie's room, while Johnnie snored blissfully. A cool, September breeze fluttered the curtain, as though saying, "Come on, Mrs. Malone, I'll make ironing day easy for you, for I'll blow between you and the stove so you'll hardly mind it at all." The sunlight trickled in a wiggly path across the bare floor, giving promise of its aid in the process of bleaching. But the few seeds dropped yesterday by neighbor O'Hara out of her sack of experience, as the two women compared the fruits of their labor, had taken root and were beginning to sprout.

"Shure, as long as you carry thim children on your back, they'll niver learn to walk," was Mrs. O'Hara's remark. "Children are all alike," she had added; "if you do their work for thim, they'll leave you do it. 'Tis a light-footed mother that makes heavy-footed children. Taach thim to walk alone!"

Mrs. O'Hara knew. Ellen Malone, that was born Ellen Conley, was always light of foot. Lightly she had tripped over the peat bogs of her native village in Ireland. Lightly she had picked her steps down the gangway to Castle Garden; lightly she had danced into the arms and heart of Daniel Malone. And with nimble foot, though her heart was heavy within her, she had assumed life's responsibilities and the care of her little family when "himself" was laid to rest. This panorama flitted across her mind and reflected itself in her mirror as she turned again to look at the face that had once been the rosy-cheeked Ellen Conley. Suddenly she grew very, very tired, and the tumbled bed with its faded blue quilt looked very, very comforting and welcoming. Once more she listened for some sound of awakening from the young people, but none came, and without daring to argue with Conscience,

and before she fully realized what she was doing, she had slipped off first one run-down slipper, then its mate, and ere the still, small voice had caught its second wind, she was back in bed with the covers pulled close up around her neck and her face turned to the wall. Morpheus, put to rout at seven o'clock by the September sunshine, beheld from afar the droopy eyelids. He returned, sat upon her bedpost, found himself endured, then pitied, then embraced.

At eight-thirty Annie Malone awoke and listened. They say that people who live near the sea find sleep impossible when they spend a night away from the lulling sound of the waves on the shore. It must have been the missing splash of water in the Malone kitchen that awakened Annie. There was no swish of clothes as they flopped from suds to rinse water; no rattle of pans that accompanied the starch-making process. There was not even the odor of coffee boiling, nor the sizzle of potatoes frying.

Annie crawled from bed and looked across the hall to her mother's room. A slender form on the bed, swathed in a tightly drawn quilt, startled her.

"Ma, are you sick?" Annie called. But no reply came from the slumbering woman. "Johnnie, Ma ain't up!" she called to her brother. "She must be sick or something."

By degrees the full import of this announcement struck in upon the waking youth, and the first thought that came to him found utterance:

"Gosh! and who'll get breakfast!" It was the first time in Johnnie's fifteen years of experience that Ma had failed to have his breakfast on the table when he clattered down the stairs.

Johnnie stretched and yawned and pulled himself out of bed and together they went to their mother's room. Ellen Malone, dreaming of care-free days of youth, opened her eyes and regarded her two young hopefuls.

"Ma, you ain't sick!" came in one breath from both, but Mrs. Malone only

raised her hands to her temples as though unable to bear any sound and said: "Sh-sh-sh. . Go 'way, go 'way," and once more turned her face to the wall.

Puzzled, the children went back to their rooms—if Johnnie's corner might be called a room—and dressed.

Annie was almost seventeen, but she had never prepared a breakfast unaided in her life. Annie was fitting herself to be a school teacher, and embryo school teachers had no time for household tasks. Annie was very fond of her mother; so was Johnnie; but Mrs. Malone always had prepared breakfast, so how could they learn! Annie sometimes washed the dishes, under protest, of course, but still sometimes she did wash them, always arguing that Johnnie "ought to be made to wipe, like Jimmy O'Hara did"; but Johnnie was an elusive chap after meals, and Mrs. Malone was too busy or too tired to call him; besides, Johnnie always carried home the clothes after his mother had piled them neatly in the baskets, and "Gee, whiz, it's a long way to Finlayson's, and a fellow has to have some time to play with the boys!"

Annie had never dressed hurriedly, nor did she now, but in justice to Annie let it be said that she dressed less deliberately than usual. Then she went downstairs, and, passing through the kitchen—how cheerless a kitchen is without a mother and a fire—went over next door and told Mrs. O'Hara that she guessed Ma must be sick, "'cause she isn't up, and it's after eight o'clock." Mrs. O'Hara was surprised, honestly surprised, and came right over and went to Mrs. Malone's room. Ellen Malone turned over, saw Mrs. O'Hara, and the effort of turning must have distressed her greatly, for her mouth drooped at the corners, her eyes rolled in evident anguish, and again she lifted her hands and pressed them to her temples; but Mrs. O'Hara, who had raised eight children and three husbands, and knew

a great deal about human ills and human nature, discerned at once the seriousness of the ailment: in fact, there was not a doubt left in Mrs. O'Hara's mind when she saw, just as Mrs. Malone's fingers closed over her right temple, that she winked her eye.

"Rest and quiet!" she prescribed for the patient to Annie, who stood gloomily just inside the door, and to Johnnie, who stood just outside.

"Oh, dear," said Annie, "I've a headache myself this morning."

"You'll feel better after breakfast," her neighbor assured her; "better make some coffee for your ma; it'll be good for her."

Behind the kitchen door Annie found her mother's apron, and started to make a fire, but the wood-box was empty.

"Go split some wood," she stamped impatiently to Johnnie.

"Jiminy crickets, ain't there no wood? I split some Sunday."

Ma Malone had always chopped the wood the first thing each morning after she fed the chickens, but Johnnie didn't know that, of course, because Johnnie was never awake then. Occasionally Johnnie chopped some before supper, if he was within hearing distance of his mother's call; but yesterday was Labor Day and no one worked that day; no one but Ma Malone. He couldn't find the axe, and had to go upstairs to ask his mother, who told him, in a pained voice, just where it was in the shed kitchen.

It was not as restful a morning as it might have been for the tired little woman upstairs, because there were necessary questions from below; how much coffee to put in the pot; were there any cold potatoes to fry; did she know the bread was out; where was any money for Johnnie to go to the store; Mrs. O'Hara says the Finlaysons' clothes will mildew if left in the basket this warm day, and what's to be done about it?

The school-bell rang just as Mrs. O'Hara—who kept popping in at ten-

minute intervals—was about to impress Johnnie into the washing of dishes, and never did Johnnie start for school on such willing feet.

Annie was very sad at the enforced absence on the first day of the school year, but at Mrs. O'Hara's "Tut! Tut! An' your poor Ma sick in bed," resigned herself to the inevitable.

It was a weak, flat cup of coffee, and sad, flabby potatoes and an ebony-hued piece of toast that found their way to the mother's room for breakfast, but she ate them so greedily that Annie, who never could eat when she had a headache, feared a relapse and so told Mrs. O'Hara; but the kind-hearted neighbor reassured her, saying: "The trouble ain't so much in her head as her feet." This was a surprise to Annie, who had understood that her mother's trouble was entirely in her head; but Mrs. O'Hara said: "It's a little of both, but it's mostly in the feet—they've been movin' too fast."

Upstairs Ellen Malone was struggling with her mother-heart, which was uttering a protest against Annie's missing a day of school; and she might have yielded but for the timely arrival of Mrs. O'Hara.

"They'll niver walk if you carry thim," she whispered. "Take it aisy; it may be your last chance."

By noontime all Crowley's Lane was aroused to the fact that Ellen Malone was sick and the children had been doing her work—or their own.

"Ellen Malone's a-dyin'! Ellen Malone's a-dyin'! She'd never stay in bed if she wasn't near to death's door," spread from house to house, and excited mothers and sympathetic wives filled the kitchen.

Annie surprised everyone, but herself most of all, by the array of stiff, smooth garments that stood out from the greedy clothes-horse. True, she had a good teacher in the person of her alert neighbor, who was never too far from the opposite window to answer the many

questions shot from the Malone kitchen, such as how to make cold starch, did she iron sleeves on the right or wrong side, and numerous others.

The stove called constantly for more fuel and by the time Johnnie came home to dinner, his morning's stack looked like Mother Hubbard's larder, but Annie refused to give him any dinner until he split more wood. His back ached and he was hungry, and the meal of watery cabbage and underdone beef was not just what Mother used to make. Moreover the baked custard that Mrs. Murphy's little Jennie brought over for the invalid spoiled his appetite for substantial foods, and caused him to remark to his sister, after seeing the dainty dessert disappear spoonful by spoonful at the hands of the sick mother: "Seems to me like Ma has a pretty good appetite, if she is sick. She ate that custard like the O'Hara kids at the picnic."

But when Father Donahue came in the afternoon, he shook his head gravely and, after a whispered conversation with the next-door neighbor, announced to the children: "Your mother needs rest; she's been working too hard."

By four o'clock Annie was hot and tired and Mrs. O'Hara offered to "spell" her awhile at the board while she mended Johnnie's Sunday pants, saying:

"That's the way your Ma rests herself, mindin' and sewin', when she's tired wid ironin' and scrubbin' and bakin'. Go up and sit beside her wid your mindin'; it'll do her a dale o' good." And indeed it must have done good, for after one glance at Annie with the mending basket, Mrs. Malone smiled and turned her face away and slept.

Johnnie did not return until supper time. He was accompanying Torchy Halligan on his paper route. It was a long route and took the boys to the outskirts of town, and dusk began to fall before all the papers were delivered. So five papers were "chucked" down a convenient sewer-hole, and husbands and fathers, returning home that night

and finding no evening paper to peruse, broke the second commandment. But Torchy and Johnnie trudged on unsmiten by conscience.

After Johnnie had eaten his bread and milk, and carried tea and toast to his mother's room, Annie insisted on his taking home the Finlaysons' clothes.

"I won't go a step; I'm tired," Johnnie announced.

"You will go; I've worked harder'n you all day," the elder sister replied.

"Well, it's the first time you ever worked, that I can remember," Johnnie retorted, adding, "No wonder Ma's sick, the way she works for you."

"Cry shame to yourself," interposed a voice, entering by the rear door, and bringing with it the ample form of Mrs. O'Hara. "Sure, Johnnie boy, if you didn't lave your Ma to split the wood and carry the water and coal, it'd help a little, too."

So Johnnie carried the clothes to the Finlaysons', and returning, spiritually uplifted by a chance meeting with Father Donahue, chopped wood and filled the water pail and brought in a hod of coal. And Mrs. O'Hara, saying her beads that night, named one for Johnnie as well as for his mother and sister.

Two very weary young people bade their mother good night at the close of that workaday Tuesday.

"Good night, ma; hope you'll be well in the morning," and they meant it, too.

Johnnie's back ached from the unwonted labor, and he passed a restless night. Some time before midnight he arose to see if he could find some sort of liniment to take the twinge from the right shoulder, where unused muscles were protesting, but, hearing a creaking on the stairs, he listened breathlessly for a few minutes.

"Burglars!" he told himself, and remembered that he had left the two-dollar bill Mrs. Finlayson had given him for the washing, on the shelf in the kitchen cupboard. His heart thumped as he

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(Signed) HERBERT B. BAILEY.

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Every Day a Fresh Beginning

Every day is a fresh beginning,
Every morn is the world made new!
You who are weary of sorrow and sinning,
Here is a beautiful hope for you—
A hope for me and a hope for you!

All the past things are gone and over,
The tasks are done and the tears are shed.
Yesterday's sorrows let yesterday cover,
Yesterday's wounds which smarted and bled
Are healed with a healing which night hath shed.

Susan Coolidge.

CO-OPERATION

AMERICAN COOKERY is trying to coöperate with the food administration in every way to guide people how to save in the line of food and thus provide relief for those who are in want of needful supplies. But let us not fail to remember there are other ways for us to economize as well as in food. If people would sit down and think, they might see how they could save, perhaps, in dress, in travel, in clubs, autos and many another luxury of the present day.

As a people, the problem now before us is something tremendous; and to meet the issue fairly we believe not only in the practice of individual economy at home but also of the strictest economy in conducting the affairs of town and state. Being at war we should do all in our power by curtailing other expenses to pay the cost of war (as far as is possible now). Plainly then increase in production is an object of far greater importance than scrimping in food. Raise foodstuffs, manufacture something useful, produce a surplus of something needful, and thus render sure and substantial aid in the achievement of the desired end.

What a senseless and idiotic war this is anyhow. Nobody wanted war, so they declare; nobody had a grievance to adjust that could not have been easily settled otherwise. Now the ruin that has been wrought and the sacrifices that have been made already can never be restored. No gains for any one at all commensurate with the losses suffered can be foreseen.

At one time, it is said, after the countless religious sects of the world had been congregated in Rome, "the Augurs could not look each other in the face without a sinister smile." Can the warring nations ever look each other in the face again without a feeling of shame and disgrace? That the things which have taken place in this war should have been done by so-called civilized and Christian peoples is

utterly beyond all human comprehension. The history of these days will not be creditable to the actors in the tragedies. The deeds done can not be effaced from memory for generations.

THE PACIFIST

THE arguments of the pacifists fail utterly to convince us. Their effusions are illogical, unreasonable and misleading. Undoubtedly their efforts are approved by our enemies, and please only those people among us who are in sympathy with the methods of the Kaiser. Most certainly they suffice to irritate and grieve the feelings of those who would otherwise be their friends.

We were all pacifists once and will be pacifists again when conditions allow us to be, but not now. Our country has been threatened, assailed and attacked, both within and without; we are simply forced to defend ourselves and our ideals. The world will never submit to the dominion of the mailed fist and the glittering sword. We thought we had passed through and were done with the age of the duel, the knight-errant, the rule of force, and all that sort of despotism; but, it seems, we have been sadly mistaken. After all that mankind has borne and suffered in its long struggle to rid itself of superstition, the "divine right" of kings and the rule of might, certainly it will not willingly revert again to the times and conditions of barbarous ages.

"Peace is our supreme aim, and pacifism our deadliest danger; for pacifism without devotion to a definite common ideal means disloyalty, chaos, betrayal.

"We might well choose other means than violence, but we have not the choice of method before us. Armed conflict is to decide the present issue, whether the pacifist approves the method or not. He cannot stop the way. He cannot if he would strike down the weapon of the foe. Is it his part to weaken, to oppose, to dishearten those who are giving their lives in defence of right?"

JACOB'S LADDER

From *The Boston Herald*

"We rise by the things that are under our feet,
By what we have mastered of good and gain,
By the pride deposed and the passion slain,
And the vanquished ills that we hourly meet."

THE British advance through Palestine is renewing acquaintance with Bible lore for many. Our allies have now traversed about a third of the distance marked off in the ancient phrase, "From Dan to Beersheba," which has carried over into modern speech. First, coming up from the south, they brought Beersheba and Hebron, Abraham's home region, into the newspapers. Then they caused Jerusalem and Bethlehem to emerge in the day's news as actualities, lending unique enhancement to a shadowed Christmastide; and with them Joppa, the Hebrew seaport where a Hebrew Christian voiced the principles of democracy, over which this world-war is raging. Now the British have pushed a dozen miles northward from Jerusalem and are battling at Bethel. A fine Bible story is laid at Bethel, one which yields a message greatly needed now.

It was at Bethel that Jacob, journeying up from Beersheba and in trouble over the robbing of his brother in the matter of his natural rights, and his dream of the ladder reaching from earth to heaven. The British troops will see there, even now, the surroundings which made the setting for that dream. Pound about the little plain's chaos of rocks and loose stones, amid which the weary and distraught man "took one of the stones of that place, and put it under his head, and lay down in that place to sleep," as the sun was setting, are still seen the limestone terraces which made flights of steps up the encompassing hillsides. We all know how the things of

real life enter into the texture of dreams. At any rate, the dream came; and Jacob's Ladder was added to the treasury of the human spirit.

No imagery could more vividly portray what he needed to be assured of then, and what many need now. In times of trouble, always brought on by some sort of human wrong-doing, as was the case then, and is surely so on a vast scale now, men and women feel that God must be turned against them. Depression then deepens to the gloom of despair. Hope flickers out, cheer fades away, courage expires. In that plight, Jacob saw in his dream, rising from the very place of his depression and reaching to heaven, a ladder. Upon it angels were going up and coming back; and from its top a voice sounded: "I will be with thee, and will keep thee, and will bless thee, and will make thee a blessing." Only a dream? But that dream gathered up in clear visualization the inbred but overwhelmed convictions of his soul—of all devout souls. It cheered Jacob beyond telling. When he was wide awake, he stood in morning light brighter than sunshine, and said, "Surely God is in this place, and I knew it not." That realization heartened him, mastering his life through all gruelling experiences.

This Bethel story, now that the British advance has brought it to modern notice, is timely reading for days like these:

"For the love of God is broader
Than the measure of man's mind,
And the heart of the Eternal
Is most wonderfully kind."

"To serve seven wheatless, fourteen meatless, and twenty-one wasteless meals in a week seems such a little thing to do that most people who are willing to do their share in providing food for our soldiers and allies are bettering their instruction. Meat once a week, no wheat bread at all, no sugar in tea or coffee and none on fruit—one finds that no such exacting regimen after trying it for a month or two."

THE SUPPORT OF AMERICAN COOKERY

IN these days of strenuous need and perplexity, hold up the hands of your AMERICAN COOKERY. Its ideals are humane and far-reaching. We are trying to render fit service to our readers along lines of special concerns at the present time. The study of food and some acquaintance with dietaries, it would seem, are quite as necessary in the discharge of household duties today as is the occasional advice of a trained nurse or an expert physician. In fact, has not dietetics become a prescribed subject on all our programs of procedure in the present battle of life? Our work is now as widespread as the continent. We hope our readers and contributors will remain as constant and responsive as in the past.

The Past and the Present

Do not crouch today, and worship
The old Past, whose life is fled,
Hush your voice to tender reverence;
Crowned he lies, but cold and dead;
For the Present reigns our monarch,
With an added weight of hours;
Honor her, for she is mighty!
Honor her, for she is ours!

See the shadow of his heroes
Girt around her cloudy throne;
Every day the ranks are strengthened
By great hearts to him unknown;
Noble things, the great Past promised,
Holy dreams, both strange and new;
But the Present shall fulfil them,
What he promised, she shall do.

She inherits all his treasures,
She is heir to all his fame,
And the light that lightens round her
Is the lustre of his name;
She is wise with all his wisdom.
Living on his grave she stands,
On her brow she bears his laurels,
And his harvest in her hands.

Coward, can she reign and conquer
If we thus her glory dim?
Let us fight for her as nobly
As our fathers fought for him.
God, who crowns the dying ages,
Bids her rule, and us obey,
Bids us cast our lives before her,
Bids us serve the great Today.

Adelaide Anne Procter.



MAPLE SYRUP CAKE (NO SUGAR IN CAKE OR FROSTING)—See page 504

Seasonable and Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Fish Soup

COVER the skin, bones and heads of several fish (cod, haddock or flounder) with cold water; add an onion, half a carrot, half a cup of dried celery leaves and two or three branches of parsley, chopped and steamed in two tablespoonfuls of fat (cover the dish and let cook very slowly, stirring often) until softened and yellowed a little, and let simmer half an hour. Strain off the liquid. To a quart of this liquid add one-third a cup of any quick cooking tapioca cooked in a pint of milk until transparent; add also a teaspoonful and a half of salt, one-third a teaspoonful of paprika, one cup of cream and half a pound of fresh raw fish cut in half-inch cubes. Let cook over boiling water ten minutes. Pass at the same time olives.

Fried Filets of Fish, Surprise

Any variety of white fish from which thin strips of solid flesh may be taken

can be used. Flounder is well adapted to this dish, so also is halibut. A flounder on one slice of halibut, a scant half inch in thickness, would give four filets or portions. To serve eight persons have ready eight pieces of fish; scrape a little onion pulp over them, and sprinkle lightly with salt and pepper. Have ready some chilled croquette mixture or slightly chilled mashed potatoes seasoned as for the table. Make balls of the mixture about the size of an English walnut or a little larger. Set one at the center of each filet and bring the ends together to form a thick cutlet shape. Run buttered toothpicks through the ends to hold them together, and press upon the fish to force the filling to the edges of the fish at the sides. Dip in sifted soft bread crumbs, then in an egg beaten and diluted with one-fourth a cup of milk, and again coat with crumbs. Fry three or four at a time in deep fat, drain on soft paper. Serve at once with Sauce Tartare or Tomato Sauce.

Croquette Filling for Filets of Fish

Melt three tablespoonfuls of fat; in it simmer (covered) two slices of onion and two branches of parsley, chopped fine, until softened but not colored in the least; add four tablespoonfuls of flour, one-fourth a teaspoonful, each, of salt and pepper and one cup of fish or oyster broth or milk and stir until boiling; beat until smooth just before the boiling point is reached; a beaten egg may be added if desired. After the egg is "set" beat in one cup of lobster flesh cut in half-inch cubes or one cup of scalded oysters, cut in two pieces, each; about one cup and a half of mashed potato, seasoned well and beaten very light may be used in place of the croquette mixture.

cheesecloth, though with care in draining this may be omitted. The scraps may be stirred into hot cornmeal or other mush and molded for frying. Two pounds of kidney suet is shown in the illustration. The price in Boston is .20 per pound. Two pounds of suet, not as solid or choice a piece as the one shown, was used (at the same price) for the rendered fat shown in this illustration. The weight of the three dishes of fat is one pound and eight ounces. Probably the uncooked fat shown in the illustration would yield a larger quantity of shortening.

Beef-and-Oatmeal Scrapple

Any inexpensive piece of beef may be used. A piece from the upper part of the shank is particularly good on ac-

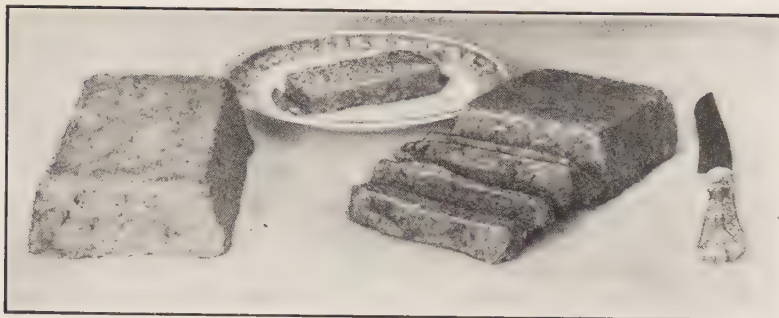


FRIED FILETS OF FISH, SURPRISE

Beef Suet for Shortening, Frying, etc.

Cod fat or kidney suet may be used. Cut the fat in small bits, discarding any unedible portions. Cover with cold water and let cook on the back of the range very slowly until the pieces have melted and the water is evaporated. The last of the cooking must be watched very carefully, that the fat may not be overcooked. Drain off the fat, pressing out all that is possible from the "scraps." It is well to strain the fat through

count of the marrow. Two pounds is a fair allowance for about three cups of oatmeal. The marrow may be removed and chopped with the cooked meat or saved for use in frying the scrapple. Cover the meat and bone with boiling water and let cook until tender. It will take several hours. Let the meat stand until the next day, then chop fine. There should be between three and four cups of broth; add a teaspoonful of salt for each two cups and when boiling stir in oatmeal to make a mush such as is served for breakfast. It should not be



BEEF AND OATMEAL SCRAPPLE

sloppy in the least. When the oatmeal is thoroughly cooked, stir in the chopped meat. If desired add celery salt, onion juice, paprika or poultry seasoning. Let cook over boiling water until very hot throughout, then turn into two small bread pans. When cold, cut in slices, pat in cornmeal or flour and let cook in hot fat until browned on one side, then turn to brown the other side. When served for dinner serve at the same time boiled onions, parsnips or turnips and a green vegetable salad.

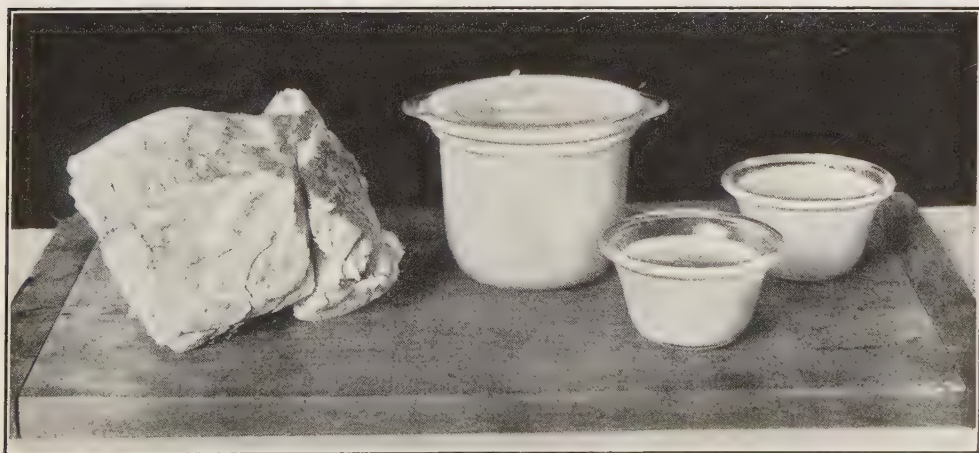
Succotash

Cut one-fourth a pound of fat salt pork in exceedingly thin slices and pour over it boiling water to cover. Lift each slice and coat lightly in corn flour or meal. Let cook very slowly in a cast iron frying pan until an amber shade on one side, turn and cook on the other side.

Serve this pork with potatoes cooked in milk for breakfast. Have ready a cup of dried Lima beans soaked in cold water over night; drain, rinse in cold water and drain again. Put over the fire in cold water to cover well; pour half a cup or more of boiling water into the frying pan where the pork was cooked and with this rinse all the fat from the pan into the beans. Let the beans simmer two or three hours or until tender; add a can of corn, a teaspoonful or more of salt, half a teaspoonful of black pepper and serve as soon as very hot. If the pork is dry and contains but little fat, a larger piece of pork will be needed to season the dish.

Scalloped Potatoes

Cut a peeled onion in very thin slices and divide the slices in quarters. Melt three tablespoonfuls of fat; add the



BEEF SUET FOR SHORTENING, FRYING, ETC.

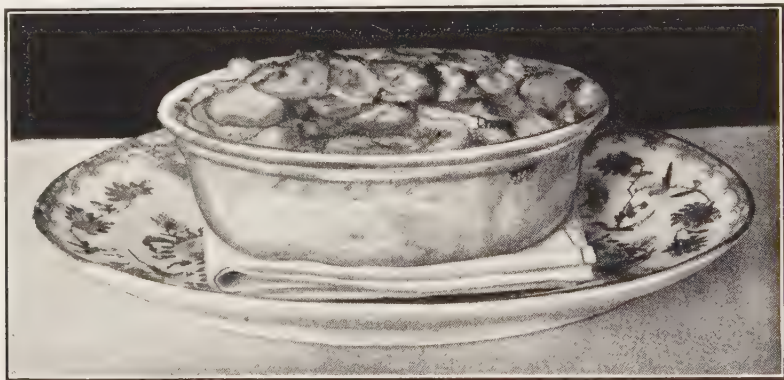
onion, cover and let cook very slowly on the back of the range until softened, stirring occasionally. Slice a layer of boiled potatoes into a baking dish holding about one quart and sprinkle with a little of the onion and with salt, pepper and chopped parsley; continue the layers until the dish is filled; add milk or broth made from left-over roasts, until it can be seen through the potatoes. Let bake about half an hour. This dish may be made also with raw potatoes or with potatoes sliced and parboiled about five minutes. In either case the time of baking must be increased to one hour or longer.

is particularly good on a grapefruit or orange salad. With these latter fruit use the juice of the fruit accentuated with the juice of half a lemon.

Club Sandwiches for Fish Days

(For Use in Tea Rooms, Etc.)

Prepare 4 triangular pieces of toast; let cool, then spread with sauce tartare. On a piece of the toast set one or two heart-leaves of lettuce, holding sauce tartare; above set two to four large fried oysters; above the oysters lettuce holding salad dressing; above that two slices of broiled bacon and the second piece of toast. At the side of the sandwiches



SCALLOPED POTATOES

Lettuce, Prune-and-Cream Cheese Salad

Soak one-fourth a pound of prunes overnight in cold water; simmer until tender and the liquid is absorbed. Cut the flesh from the stones in lengthwise strips, keeping the pieces in good shape. Cut a cream cheese into half-inch cubes. Wash and dry the heart-leaves of one head of lettuce. Mix one-fourth a teaspoonful, each, of salt and paprika with six tablespoonfuls of honey and three tablespoonfuls of lemon juice. Make a layer of cheese on a bed of lettuce and dispose the prepared prunes above; pour the dressing over the whole and serve at once. If the salad seems dry, prepare a little more dressing. This dressing is good on lettuce served without fruit, and

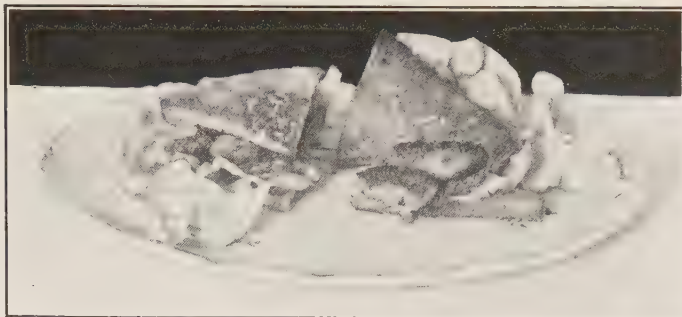
have a lettuce leaf holding additional dressing.

Red Cross Sandwiches

Beat one-fourth a pound of butter to a cream; gradually beat into it one-fourth a pound of grated cheese (Young America is good, cream or Neuchatel may be used ungrated), spread bread prepared for sandwiches with the cheese mixture; above the cheese set two strips of pimento to simulate a cross.

Corn Flour Parker House Rolls

Scald two cups of milk; when lukewarm add one cake of compressed yeast mixed with half a cup of lukewarm milk or water and stir in about two cups and one half of flour. Beat thoroughly, cover and set aside to become light. Add



CLUB SANDWICH FOR FISH DAYS

one-third a cup of shortening, one teaspoonful of salt, one tablespoonful of sugar, one cup and a half of white corn flour and enough wheat flour to make a dough that may be kneaded. Knead until smooth and elastic. Wash the mixing bowl and rub it over with fat; put in the dough, cover and set aside to become doubled in bulk. *Without disturbing the dough*, turn it upside down on a board lightly dredged with flour and roll to a sheet half an inch in thickness; cut into rounds; turn each round and with a knife score it lightly across the center, brush with fat and fold at the scoring. Set close together in a baking pan. When again light bake about twenty-five minutes.

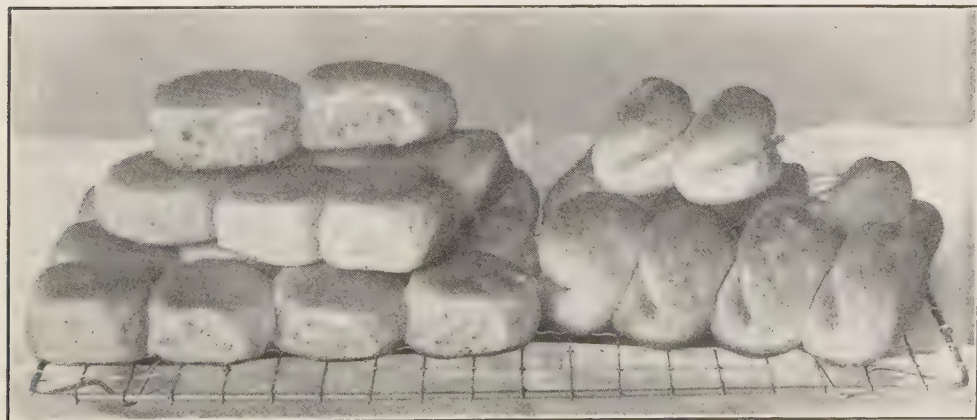
Barley Biscuit

Prepare as Parker House Rolls, given above, but add three cups of barley flour

to the sponge, then finish with wheat flour. These may be shaped as Parker House Rolls, or, when the dough is rolled, leave it about an inch thick, cut in small rounds and set close together; when again light bake about twenty minutes.

Rye Flour Biscuit

Scald one cup of milk; when lukewarm add one cake of compressed yeast mixed through one-fourth a cup of lukewarm water and about one cup and a half of wheat flour; beat to a smooth batter, cover and set aside to become light. When light and puffy add a tablespoonful of sugar, half a teaspoonful of salt, three or four tablespoonfuls of melted shortening, two cups and one-half of rye flour and enough more white flour to make a soft dough that may be kneaded. Knead, using white flour for



BARLEY BISCUIT

CORN FLOUR PARKER HOUSE ROLLS

hands and board, but keep the dough as soft as possible. When light, rub fat on the tips of the fingers, cut the dough into pieces of the same size, work them with the tips of the fingers into smooth balls; set the balls in a greased pan to become very light and puffy. Bake about 25 minutes.

Oranges in Jelly

(With Honey)

Soften one-fourth a package of granulated gelatine in one-fourth a cup of cold water and dissolve with half a cup of boiling water; add one-third a cup of strained honey, one cup of orange juice and the juice of half a lemon. Set a

paste with half a teaspoonful of salt and one half a cup of cold milk, then stir and cook in the hot milk until the mixture thickens; cover and let cook fifteen minutes. Beat the yolks of two eggs; add one-third a cup of sugar and beat again, then stir into the hot mixture; continue to stir until the egg is cooked, then pour over the peaches. Beat the whites of two eggs very light, then beat in four tablespoonfuls of sugar and spread over the pudding, sprinkle on a little sugar and let cook in a slow oven about ten minutes, then increase the heat to color the meringue delicately. Serve hot or cold but preferably half way between.



RYE FLOUR BISCUIT

mold in ice and water; pour in half an inch of the liquid; when nearly firm dispose on it a layer of orange sections freed of all membrane and seeds; cover with the liquid mixture and repeat the layers of fruit and liquid until all the liquid has been used. Serve turned from the mold either with or without sugar and cream.

Delmonico Pudding with Canned Peaches

Turn a pint can of peaches with the syrup into a pudding dish. Heat one pint of milk in a double boiler; stir one-third a cup of cornstarch to a smooth

Apple-and-Brown Bread Pudding

This pudding is particularly good when made of Boston brown bread crumbs, but any dark bread may be used. Mix two cups of fine bread crumbs (corn cake may be used) with two-thirds a cup of suet, chopped fine; add two cups of pared-and-cored apple chopped fine, half a teaspoonful of salt, one cup of raisins mixed with two tablespoonfuls of flour and half a teaspoonful of ginger or cinnamon. Beat one egg; add one cup of milk and stir into the dry ingredients. Steam two hours in a well-greased mold. Serve with



RED CROSS SANDWICHES

Brown Sugar Sauce

Beat the yolk of an egg light and the white till very foamy. Beat half a cup of sifted brown sugar (well pressed down in the cup) into the yolk, then fold in the white; beat in one cup of hot milk and a teaspoonful of vanilla.

Pralines

Take a pound of brown sugar and a cup of boiling water for each pound of shelled Brazil nuts. Dissolve the sugar in the water and let boil three or four minutes; put in the nuts and let boil until it forms a thick syrup, about 238° F. Remove from the fire and stir the nuts in the syrup until they are well sugared; return to a slow fire and stir until the sugar melts, then remove and stir again

and turn on an oiled plate or on parchment paper.

Strawberry Turkish Paste

Use canned strawberries. If the strawberries were canned with sugar equal to half the weight of the berries, additional sugar will not be needed. Drain the berries from the syrup. Pour one cup and one-fourth of the syrup over three tablespoonfuls of granulated gelatine. When the gelatine is thoroughly softened, let boil twenty minutes; at the end of ten minutes, add one cup of the berries and the juice of one lemon, then finish boiling. Pour into a bread pan and let stand overnight. Loosen at one end and pull from the pan. With a round cutter, dipped in hot water, stamp out in small rounds. Let stand exposed



STRAWBERRY TURKISH PASTE

PRALINES



MOLASSES NUT DROP COOKIES

to the air to dry off. Serve as candy. If the canned berries are purchased at a store, half a cup of sugar will probably improve the candy. Add when setting the ingredients to cook. The candy may be cut in squares, etc.

Maple Syrup Cake (No Sugar)

Beat half a cup of butter to a cream; gradually beat in half a cup of Karo and one cup of maple syrup; add two eggs beaten without separating, and, alternately, half a cup of hot water and two cups of wheat flour and half a cup of rye or barley flour sifted again with three-fourths of a teaspoonful of soda, two teaspoonfuls of baking powder and half a teaspoonful of ginger. Bake in a pan $11 \times 7\frac{1}{2}$ inches about half an hour. Spread the inverted cake when cool with

maple syrup frosting into which a few broken pecan nut meats have been stirred.

Maple Syrup Frosting

Boil one cup and a fourth of maple syrup and two tablespoonfuls of red label Karo to 240° F. Pour in a fine stream on the beaten whites of two eggs, beating constantly meanwhile. If the frosting is too soft, return to the fire over boiling water and beat until thickened somewhat.

Molasses Nut Drop Cookies

Cream one-third a cup of shortening; beat into it half a cup of Karo syrup, half a cup of chopped nut meats, one egg beaten light and two-thirds a cup of molasses. Sift together one cup and a



MAPLE SYRUP-AND-NUT SUNDAE

fourth, each, of wheat and rye flour, one-half a teaspoonful, each, of salt, soda, and cinnamon, and one teaspoonful, each, of ginger and baking powder. Beat the two mixtures together thoroughly. Shape a teaspoonful in a place on tins rubbed over with fat to make symmetrical rounds, some distance apart; let a half nut meat above each shape and dredge with granulated sugar if at hand. Bake in a moderate oven. The recipe makes about 30 cakes.

Maple Syrup and Nut Sundae

Scald one quart of milk and one cup of cream; beat the yolks of five or six eggs, add half a teaspoonful of salt, one cup of maple syrup and one-fourth a cup of granulated sugar and beat again. Cook the yolks and syrup mixture in the hot milk, stirring constantly until the mixture thickens. Turn into the can of the freezer and when cold freeze in the usual manner. Serve with a tablespoon-

ful of maple syrup in the bottom of the cup and chopped nuts sprinkled over the top.

Chocolate Nut Cake

Melt two squares (ounces) of chocolate in a double boiler; add half a cup of milk and one cup of brown sugar. When hot, add the beaten yolks of two eggs, diluted with half a cup of milk, and stir and cook until the mixture thickens; add three tablespoonfuls of butter and remove from the fire. Sift together one cup and a half of sifted flour, one-third a teaspoonful of salt, and one level teaspoonful of soda; add the chocolate mixture and beat until smooth. Turn into a baking pan or into about fourteen small tins, sprinkle three-fourths a cup of coarse-chopped nuts over the top, and dredge with two tablespoonfuls of granulated sugar. Bake about twenty-five minutes. Serve as cake or as a pudding with a hot sauce.

Do It Now

If you've found a task worth doing,
Do it now.
In delay there's danger brewing.
Do it now.
Don't you be a by-and-byer
And a sluggish patience-tryer;
If there's aught you would acquire,
Do it now.

If you'd earn a name worth owning,
Do it now.
Drop all waiting and postponing,
Do it now.
Say, "I will!" and then stick to it,
Choose your purpose and pursue it,
There's but one right way to do it,
Do it now.

All we have is just this minute,
Do it now.
Find your duty and begin it,
Do it now.
Surely you're not always going
To be a "going-to-be," and knowing
You must sometime make a showing,
Do it now.

Bill of Fare for the General Mess, U. S. Station, Dunwoody Industrial Institute

SUNDAY	Breakfast Bananas Hominy, Milk and Sugar Pork Sausage Country Gravy Bread, Butter, Coffee	Breakfast Prune Sauce Fried Liver Boiled Potatoes Boiled Rice, Milk and Sugar Bread, Butter Coffee	WEDNESDAY
	Dinner Vegetable Soup Roast Beef Brown Gravy Mashed Potatoes Bread, Butter Chocolate Bread Pudding Coffee	Dinner Cream Tomato Soup Chicken Fricassee Mashed Potatoes Stewed Lima Beans Bread, Butter Coffee	
	Supper Steamed Frankfurters Hot Vegetable Salad Rice au Gratin Bread, Butter Cocoa	Supper Luncheon Meat Hot Potato Salad Stewed Corn Bread, Butter Cocoa Apricot Pie	
MONDAY	Breakfast Oranges Oatmeal, Milk and Sugar Creamed Eggs Bread, Butter Boiled Potatoes Coffee	Breakfast Bananas Cornmeal Mush, Milk and Sugar Pork Sausage Brown Gravy Boiled Potatoes Bread, Butter, Coffee	THURSDAY
	Dinner Potato Soup Baked Fish, Dressing Boiled Potatoes Stewed Sugar Corn Bread, Butter Coffee	Dinner Corn Soup Fried Fish Creamed Potatoes Scalloped Tomatoes Bread, Butter Apple Pie Coffee	
	Supper Escalloped Oysters Hashed Brown Potatoes Salmon Salad Rice Pudding Bread, Butter Tea	Supper Oyster Stew Fried Potatoes Sardines Bread, Butter Apple Sauce Tea	
TUESDAY	Breakfast Apples Baked Pork and Beans Tomato Sauce Oatmeal Bread, Butter Coffee	Breakfast Apples Oatmeal Mush, Milk and Sugar Hamburger Loaf Tomato Gravy Steamed Potatoes Bread, Butter, Coffee	FRIDAY
	Dinner Roast Beef Brown Gravy Mashed Potatoes Buttered Carrots War Bread, Butter Raisin Cake Coffee	Dinner Chop Suey Boiled Sweet Potatoes Boiled Rice Bread, Butter Cake Coffee	
	Supper Irish Stew Hot Cabbage Salad Weather Bread Jam Apricot Sauce Tea	Supper Railroad Hash Escalloped Potatoes Bread, Butter Tea	
SATURDAY	Breakfast Oranges Baked Pork and Beans Catsup Wheatless Bread, Butter Coffee	Dinner Vegetable Soup Roast Loin of Pork Mashed Potatoes Steamed Squash Bread, Butter Apricot Pie Coffee	Supper Cold Beans Sphagetti and Tomatoes Cold Meat Bread, Butter Pear Sauce Tea

Menus for Week in February

(WELL-BALANCED AND ECONOMICAL)

TWO MEATLESS DAYS

SUNDAY

Breakfast

Baltimore Samp, Top Milk
Bacon Fried Potatoes
Rice Waffles Dry Toast (Graham Bread)
Coffee Cocoa

Dinner

Stewed Fowl, Sauté, Giblet Sauce
Scalloped Potatoes Canned Corn Custard
Cabbage Salad Parker House Rolls
Brazil Nut Pralines
Strawberry Turkish Paste

Supper

Cream of Celery Soup, Croutons
Cottage Cheese Jell-O
Parker House Rolls
Tea

MONDAY

Breakfast

Cream of Wheat, Baked Apples (reheated)
Beef-and-Oatmeal Scrapple
White Hashed Potatoes
Cream Johnny Cake Coffee Cocoa

Dinner

Chicken Soufflé, Tomato Sauce
Home Canned String Beans
Mashed Potatoes
Wheat and Cornflour Biscuits
Tapioca Pudding with Home Canned
Cherries

Supper

Stewed Lima Beans
Baking Powder Biscuit, Toasted
Stewed Prunes Molasses Hermits Tea

TUESDAY

Breakfast

Oatmeal, Whole Milk
Creamed Codfish, Potatoes (cut in
quarters), Boiled
Teco Griddle Cakes Coffee Cocoa

Dinner

Filets of Fresh Fish, Crumbed, fried in
deep fat, Sauce Tartare
Mashed Potatoes Home Canned Beets
Lemon, Rhubarb or Pineapple Pie
Cream Cheese Half-Cups Coffee

Supper

Fresh Mushroom or Oyster Stew
Rye flour Biscuit (yeast)
Orange Marmalade
Molasses Hermits Tea

SATURDAY

Breakfast

Cornmeal Mush, Whole Milk
Frizzled Dried Beef
Hashed Brown Potatoes
Apple Marmalade Dry Toast
Coffee Cocoa

Dinner

Scrag of Lamb Stew
(onions, carrots, potatoes)
Philadelphia Relish
Dumpling (barley flour crust)
Maple or Karo Syrup
Half-Cups Coffee

Supper

Boston Baked Beans
Tomato Catsup
Boston Brown Bread
Dry Toast (barley bread)
Stewed Peaches (dried),
Top Milk Tea

WEDNESDAY

Breakfast

Ready-to-Eat Cereal, with Purified Bran,
Whole Milk
Tapioca or Rice Omelette
Fried Bananas Rye flour Biscuit, Toasted
Coffee Cocoa

Dinner

Chicken or Pigeon Pie
Potato Biscuit Crust Boiled Onions
Home Canned Spinach
Oatmeal Bread
Little Hot Chocolate Cakes, Foamy Sauce

Supper

Gnocchi à la Romaine
Tomato Jelly with Macedoine of Vege-
tables, French Dressing
Barley Biscuit (yeast) Tea

THURSDAY

Breakfast

Fried Finnan Haddie and Potato Balls
(deep fat)
Fried Hominy Ryemeal Muffins
Stewed Apricots (dried) Coffee Cocoa

Dinner

Hamburg Steak
Pared Potatoes, Baked, basted with fat
from Steak
Lettuce-and-Canned Asparagus
Vinaigrette Sauce
Rice Croquettes, Jelly Sauce

Supper

Creamed Cabbage au Gratin
Barley Biscuit Maple Syrup Cake
Tea

FRIDAY

Breakfast

Cream of Wheat, Whole Milk
Potatoes Hashed in Milk
Sardines, Broiled, Maitre d'Hotel
"Fifty-Fifty" Biscuit (corn and wheat)
Coffee Cocoa

Dinner

Cream of Corn Soup, St. Germain,
Salt Mackerel, Boiled
Cream Horseradish Sauce
Potatoes Scalloped with Pimentos
Stewed Tomatoes
Lemon Pie with Meringue
Cream Cheese Half-Cups Coffee

Supper

Mexican Rabbit on Toast
Apple Sauce Honey Cakes Tea



Food Suggestions for February

By Janet M. Hill

ONE cup of white corn flour may be added to wheat flour mixtures for bread and biscuit made with one pint of liquid without any perceptible difference in the flavor and texture of the finished products.

Rye flour mixed with the best of wheat flour, and in the proper proportions for light spongy bread, is now found on the market. Corn flour, fine and white as wheat flour, is also procurable. When buying this buy also yellow cornmeal, bolted or granulated, one or both, to give variety to the bread supply.

Apples are still plentiful, and, for all round use, this fruit can not be surpassed. Cored and stuffed with raisins, dates or figs and baked, with or without nuts, they will be welcomed at breakfast or as dessert at luncheon or dinner. Thin cream adds to their food value. Apple dumplings, in which barley, corn or rye flour helps out the wheat flour in the crust, make a very hearty dessert.

Remember that onions, carefully cooked with meat flavor, milk or cheese, will produce a most satisfying dish. To flavor any dish keep in mind that while its flavor is pleasantly enhanced by cooking the onion in fat, the dietetic results are not always improved, if the cooking be carried to the point of browning. Let the fine divided onion simmer or "sweat" in the fat, in a close-covered dish, over a slack fire, stirring occasionally. When the onion is yellowed and softened, it is ready for use.

At least once a week in place of dessert have prunes with cottage cheese and milk from the top of the can. Let the prunes soak overnight, then cook very slowly until they are tender and the liquid is reduced by the cooking to the consistency of syrup. Thus cooked no sugar is needed.

Beets are one of the most satisfactory vegetables canned at home; for variety serve them occasionally, scooped out into cups and then filled with chopped celery, cabbage or cucumber (with or without nuts) dressed with French dressing and flavored with scraped onion. Green peppers, olives or capers may also be added.

Pickled cabbage, either white or red, is wholesome and appetizing. To prepare, set the cabbage, cut in quarters, with hard center removed, in an earthen jar; scald vinegar to cover the cabbage; add whole spices and pour over the cabbage and cover with an earthen dish. It will be ready in a few days.

For dessert, prepare a pint of lemon jelly, serve this, cut in cubes, with sliced bananas. Sugar is unnecessary, but cream from the top of the milk bottle will improve the dish.

There is fish for everyone's taste and everyone's purse, and the cost of all varieties should be reduced. The shrimps and the crabmeat procurable, fresh, on our sea-coasts is put up in cans so carefully that when sent to the table in croquettes, mousse, or creamed dish, no one could say with certainty whether the

product was made from a fresh or canned supply. Crabmeat is more plentiful than lobster, and much more delicate in flavor. The canned product is particularly tender, and is well worth more free use.

Last year most householders planted potatoes, and none should be allowed to go to waste. Don't insist on serving them in the same old ways. Make a point of trying them in some new way as often as every other day. There are said to be more than a thousand combinations possible with potatoes in the line of salads, and with care each new combination will be better than any that have preceded it. There are but few people who do not enjoy potato salad.

The New Table Manners

From the U. S. Food Administration

ARE you familiar with the latest rulings in war etiquette? And especially the new table manners? Here are a few excerpts from the latest revised 1917 code. It's a war emergency edition, and remember that for every rule "there's a reason."

Economy luncheons are now in vogue. Bread is served on a bread-board and cut as wanted. Everything is passed, and it is correct for each guest to take only what she is sure she wants and to eat all she has contracted for. The cleaner the plate, the better the manners!

At dinner, bread is dispensed with entirely. Likewise butter. It is quite correct to tip up your soup plate to be sure of the last drop. "Waste not, want not."

The meat is carved at table that the guests may be served a second time rather than waste too large a first portion.

When the new war dishes are passed, sample them. Be willing to try everything once. You may like them. But if you are offered food that you are sure you cannot eat, it is quite *au fait* to refuse it point blank. Your hostess will understand that it is merely the new war table manners. No waste is the order of the day.

It is no longer boorish to wipe up your gravy with a piece of bread and thus conserve butter.

If unable to accept a dinner invitation, you should send your regrets before your hostess has done her marketing. For

these are days of close buying of food-stuffs.

At reception, lunch or tea it is no longer good form to toy with one's food and then send it back to be thrown out. For this reason it is becoming more and more popular to serve refreshments, whenever possible, in buffet style. The guest is then put upon his honor not to take more than he wants.

At hotel or restaurant it is perfectly consistent with the order of the day to use your husband's remaining bit of butter that would make your bread "just come out even."

Don't waste sugar. If two lumps of sugar have been put at the side of your coffee and you do not use sugar in your coffee at all, better return them to your hostess.

The standard of wealth and social position is no longer gauged by what people can afford to waste. Some years ago a wedding took place at a summer resort on the New England coast, and the elaborateness of that affair is still a fresh memory in these parts. A thrifty New England housewife who was describing the splendor of that repast led up to her climax by saying: "And what do you think? Why, the next morning they carried out two whole barrells of garbage!" This, to her, was real opulence. But that was "before the war." Today, waste on any such scale would be both unpatriotic and unmannerly.

Dishes That Are Whole Meals

By May Belle Brooks

IT is on our busiest days that we seek for something easy to cook and serve, and if one preparation may be made to include all or most of the elements necessary to a balanced ration, why hesitate because they are all served in one dish instead of four? In view of the fact that the war has made us shun the multi-course meal as a mark of poor taste and economy, this idea of incorporating a whole meal into one dish ought to meet with approval.

In most of the following recipes the sweet element alone is lacking, and if desirable, a dessert may be added to make a two-course meal that is entirely satisfying.

Run through the food chopper one-fourth a pound of cheese, the same amount of boiled ham and about six large square crackers. Add one teaspoonful of Worcestershire sauce, a dash of red pepper and salt to taste. Stir in one-half a pint of milk, or enough to make the mixture the consistency of a batter. Lastly, add three well-beaten eggs and one-half a teaspoonful of baking powder. Pour into a baking dish and bake slowly until brown. Serve with this a simple salad of raw vegetables and a fruit tapioca pudding.

Demming Spaghetti.—Cook one package of spaghetti or macaroni in a kettle of boiling, salted water until tender, then blanch by pouring cold water over the drained spaghetti. In the meantime, have cooking in another vessel one can of tomatoes, several large onions and a half dozen green peppers. Dice a few slices of bacon and fry until crisp. Add one pound of ground round steak and stir until brown. When the macaroni is done, combine all these ingredients on one platter and pass grated cheese with it.

Rissoto.—Cook one cup of rice in two quarts of boiling water twenty minutes. Drain, and pack in a baking dish with

alternate layers of tomatoes, pimientoes and chopped nuts or grated cheese. Sprinkle buttered crumbs over the top and set in a hot oven to brown.

Cape-Cod Codfish.—Soak one pound of codfish in cold water to freshen. Boil one minute in fresh water and drain. Boil and mash a quantity of potatoes and mix with the codfish. Heap on a large platter and surround with whole boiled onions and small beets, and cover all with a white sauce.

Liver en Casserole.—Select a calf's liver and place in a casserole or baking pan; pour over it a can of tomatoes and any other vegetables desired, such as onions, carrots, turnips or peas. Place a few slices of bacon over the top, cover tight, and bake slowly about one hour and a half.

Cottage Chowder.—Parboil eight potatoes, first cutting them into dice. Fry about half a pound of salt pork, sliced; remove from the pan and fry a large onion in the fat. Put a layer of potatoes in the bottom of a stew pan, then one of the pork, next a sprinkling of the onion and some minced parsley, then a layer of corn, canned or fresh. Pour the remainder of the fat over all, also two cups of boiling water. Cover close and simmer for one-half hour. Thicken by stirring in before serving, two cups of milk or tomato juice blended with two tablespoonfuls of flour. Brown bread and butter and something sour blends well with this dish.

Pot-au-Feu.—This recipe is borrowed from the economical French cook. Cover three pounds of boiling beef with three quarts of water and bring to the boiling point. Skim and add two tablespoonfuls of salt, six carrots, six turnips and four onions. If at hand, add also the outer stalks of a bunch of celery, a few sprigs of parsley and four cloves. Simmer three hours.

Chop Suey.—The Chinese know how to combine many foods in one dish. Cut into small cubes, one-half pound, each, of fresh pork and veal. Put a spoonful of butter in a frying pan and drop in the meat, stirring until it is browned. Add two cups, each, of chopped celery and onions, two cup of water, a level teaspoonful of salt, two tablespoonfuls

of molasses and the same of Chop Suey sauce (obtainable at most groceries). It is good, however, without the sauce. Cook ten minutes, then thicken the liquid with a spoonful of flour, and serve. As the starch ingredient is the missing element in this dish, boiled rice should be served with it. The sauce referred to is made of Soy beans.

Conserving Cream

By Isabelle King

IN these days of war prices and enforced conservation housewives grasp at any money saving project as a hungry urchin grasps at an apple or a crust of bread, and many a woman is practising economies today that would have seemed trivial and petty before the war.

It was this wave of conservation which brought to a New England woman the idea of making butter from a quart of milk a day. She was at this time paying nine cents a quart for milk and fifty-two cents a pound for dairy butter. Her milk man came at nine o'clock in the morning, too late for breakfast, so she let the bottle remain unopened until the next morning. Each day she carefully poured the cream which had risen into a two-quart bowl until the end of the week, when she had nearly three pints of cream, and her family had not missed it from the milk as all the cream does not rise in twenty-four hours.

To have bought a churn would have eaten the profits for several weeks, so her husband made a churn of a stone crock by making a cover and dasher for it. The first churning resulted in ten ounces of best dairy butter, which so encouraged her that she continued to do it and found that her butter bill was materially reduced, beside having a quart or more of nice sweet buttermilk to be used in cooking.

As she had made butter commercially for five years, a few of her simple rules may be of interest to the amateur. Each morning as the cream is poured into the bowl the whole must be stirred that it may sour uniformly. The churn, dasher and cover must be scalded and chilled before using, and the cream at the temperature of 62° F. when churned. The churn should never be more than half full, as the cream must have plenty of room to splash.

After the butter has come, the butter-milk must be carefully poured off and the butter washed in cold water two or three times while still in the churn, assembling the butter by hand that the grains may not be washed away. A good rule for salting butter is four level tablespoonfuls of salt to a pound of butter, but this may be varied to suit the taste. As it is difficult to work such a small amount of butter, drain it carefully as possible, stir in the salt and drain again. The secret of good butter with a small amount as with a larger one, is scrupulous cleanliness and correct temperature. The washer must not be put away in the churn, but placed in the sun with the cover, to dry and keep sweet.

If conditions are right and the directions are carefully followed the process will not require more than half an hour and you will simply have your cream in another form.



HOME IDEAS & ECONOMIES



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Additional Directions to First Home Card

THE Food Administration, aside from those general directions, asks everyone to maintain rigidly a minimum of at least:

ONE WHEATLESS day each week and one WHEATLESS MEAL each day; the wheatless day to be Wednesday. By wheatless we mean to eat no wheat products.

ONE MEATLESS day each week, which shall be Tuesday, and one meatless meal each day. By meatless we mean to eat no red meat—beef, pork, mutton, veal, lamb; no preserved meat—beef, bacon, ham or lard.

ONE PORKLESS day each week in addition to Tuesday, which shall be Saturday. By porkless we mean no fresh or salted pork, bacon, lard or ham.

SUGAR.—You can materially reduce sugar by reducing the use of candy and sweet drinks. We will make every endeavor to see that the country is provided with a supply of household sugar on the basis of three pounds of sugar for each person per month. Do not consume more.

HUMAN FOODSTUFFS COMPRISE THREE PRINCIPAL ELEMENTS

PROTEIN: Mainly present in meat, beans, fish, poultry, milk, and to some extent in grains.

FATS: That is, butter, cream, lard, bacon, margarine, cooking fats, beans, cottonseed oil and other vegetable oils.

CARBOHYDRATES: Grains, sugar, potatoes and other vegetables.

As a nation we eat and waste 80 per cent more protein than we require to maintain health. Therefore, we can reduce the amount of meat we eat without harm.

We eat and waste 240 per cent more fat than is necessary.

Of the carbohydrates we can just as well consume corn, oats and the other cereals as wheat and we have abundant supplies of potatoes and vegetables.

Do not limit your supplies of milk and table butter, but consume it all. Don't waste any.

You can reduce the consumption of fats by reducing pastry and fried foods.

Remember the gospel of the clean plate, the serving of small portions, the purchase of less supplies.

HOARDING.—Any person in the United States who buys more foodstuffs than he customarily keeps at home in peace times is defeating the Food Administration in its purpose to secure a just distribution of food and in its great endeavors to reduce prices. The hoarding of food in households is not only unnecessary, as the Government is protecting the food supply of our people, but it is selfish and is a cause of high prices.

Such actions multiplied by thousands increase the demands upon our railways for cars and already, because of our military demands, it is with extreme difficulty we can now move the vitally necessary food to markets.

There is much insidious propaganda in the country against conservation and

increased production. All opposition to these services is direct assistance to the enemy.—*U. S. Food Administration.*

* * *

Let Us Remember

LET us remember that every flag that flies opposite the enemy's is by proxy the American flag, and that the armies fighting in our defense under these flags can not be maintained through this winter unless there is food enough for them and for their women and children at home. There can be food enough only if America provides it. And America can provide it only by the personal service and patriotic co-operation of all of us.

<i>The Soldiers Need</i>	<i>The Folks at Home Can Use</i>	
Wheat	Corn	
	Oats	
	Barley	
	Rye	
Butter	Cottonseed Oil	} For Cooking
Lard	Peanut Oil	
	Corn Oil	
Sugar	Drippings	
	Molasses	
	Honey	
	Syrups	
Bacon	Chicken	
Beef	Eggs	
Mutton	Cottage Cheese	
Pork	Fish	
	Nuts	
	Peas	
	Beans	

Meal Plans

Study your meals. Plan them for at least three days in advance. This helps you to buy to better advantage, gives variety in material and preparation.

Ask yourself the following questions about your meal:

Does this plan mean—

1. The use of home grown products and thus allow the railroads to be hauling supplies for the army instead of food for my family?

2. The exchange of milk, cheese, eggs, fish, game, beans, nuts and peas for *beef, mutton, pork?*

3. The use of barley, buckwheat, corn, oats, potatoes and rye instead of *wheat?*

4. Plenty of *whole milk* for the children?

5. Twelve ounces of *fat* per adult per week and six ounces per child per week? The substitution of the *vegetable fats* wherever possible?

6. The substitution of honey, molasses, corn syrup or other syrup for sugar, so as to reduce the amount of sugar used to three pounds or less per person per month?

7. Meals adapted to the season and pocketbook? Have they character, color, flavor?—*U. S. Food Administration.*

* * *

CONSERVATION RECIPES

Standard $\frac{1}{2}$ -Pint Cup Used.

Measurements Level.

Soft Molasses Cookies

PUT in a measuring cup four teaspoonfuls clarified bacon fat (not browned in the least); add three teaspoonfuls boiling water, then fill the cup with N. O. molasses. Add half a teaspoonful salt, half a teaspoonful ginger or spices to taste and one teaspoonful soda sifted with one cup of flour; mix and add enough more flour to make a soft dough. Roll rather thick. Cut in rounds. Bake in a moderate oven.

Maple Sauce for Puddings or Waffles

Cook three-fourths a cup of maple syrup and one teaspoonful of butter till it spins a thread; pour on two egg-whites well beaten. When cool add half a cup of cream whipped very light.

Ryemeal Pancakes

2 eggs, well beaten	$\frac{1}{2}$ teaspoonful salt
$1\frac{1}{2}$ cups sour or buttermilk	white flour for batter
$\frac{1}{2}$ cup sour cream	rye meal (sifted)
	1 teaspoonful soda

Into the eggs, milk and cream stir the salt and white flour to make a thin batter; sift the meal and reserve the bran for muffins. Add the soda to a little of the meal and sift into the batter. Add more meal if needed. Bake on a hot griddle.

Ma's Fruit Cake

One cup very heavy sour cream, 1 cup medium brown sugar, $\frac{1}{2}$ cup N. O. molasses, $2\frac{1}{2}$ cups pastry flour, 1 teaspoonful soda, 1 teaspoonful cinnamon (ground), $\frac{1}{4}$ teaspoonful cloves (ground), $\frac{1}{4}$ teaspoonful mace (ground), $\frac{1}{2}$ teaspoonful salt. Mix first three ingredients; add dry ingredients sifted together; and add $1\frac{1}{2}$ cups seeded raisins, $\frac{1}{2}$ cup citron floured with $\frac{1}{2}$ cup pastry flour. (Citron may be omitted). Bake about $1\frac{1}{2}$ hours in slow oven.

(NOTE.—This recipe is best fitted for the farm where cream is readily available. E. R.

* * *

Vegetable Broth

THIS vegetable broth is made without meat. For about an hour boil together two sliced potatoes, one sliced onion, one sliced turnip, one sliced carrot covered with water. Add water so that a quart remains at the end of an hour. Flavor with salt and pepper and a little kitchen bouquet and strain. Add walnut ketchup and serve very hot.

Peach Birds' Nest

Put a layer of canned peaches in a well-buttered pie plate, and pour over them a good sponge cake mixture. Bake in a hot oven until the sponge is done, then remove from the oven, turn upside down onto a hot plate. Dot with butter and sprinkle with sugar and powdered cinnamon. Serve hot with the syrup from the peaches.

Bean Pot Hash

Grind the remnants of the soup meat or the roast rather coarse. For each pint of meat add three onions. Cut three potatoes, medium sized. Scald the onions after they are chopped rather fine and put in the bean pot with the potatoes. Add the remainder of yesterday's gravy, also salt, pepper and the meat; add one pint of boiling water; cover, and bake one hour and a half. J. J. o'c.

Submarine Salad

AT one of the War Relief parties, which are now being given all over the country to raise money for gauze, cotton and other surgical supplies, the young hostess served a salad that made a great hit. "Submarine Salad," she dubbed it and it was made by taking a short, fat banana, hollowing out the top about an inch and a half from one end to an inch and a half of the other (exactly like a dug out) and filling this space with chopped celery and nuts, masked with mayonnaise, sticking a red Maraschino cherry above the bow to represent a periscope and planting two small flags from the toy store, one on the bow and one on the stern. This was set upon curly lettuce which rippled about the ship like the waves in an impressionist picture. As a procession of these small boats sailed into the room, the waving flags made a very gay and cheerful spectacle.

Washington's Birthday

An amusing and easily prepared stunt for a Washington's Birthday Party is a Mock Trial of The Father of Our Country for cutting down the cherry tree. When some college girls conducted such a performance, not many years ago, the principal characters, George Washington, his Father, his Mother, the Judge and the Counsel for the two sides, got together and, having planned their parts with great care, were prepared to be "as funny as they could." Their costumes, also, which pretended to be the result of spontaneity, were planned so that the proper equipment should be at hand and could be assumed in a twinkling. The drawing of a Jury from the guests, on the contrary, was a complete surprise and the cause of much merriment. In a small party of this type, personal or local jokes can be used with telling effect, but the action should proceed along the following general lines. George is brought before the Judge and is accused of cutting down his Father's cherry tree. His

law yer attempts to prove an alibi and to show that he was playing with Thomas Jefferson in a neighboring yard and that the spots of juice with which his youthful countenance is stained were acquired by eating a pie filched from the Jefferson cupboard. His Mother testifies as to his childhood and his Father bears witness to the soundness of the cherry tree while pieces of the tree, cherry stones, a hatchet, etc., etc., are brought in as exhibits and are given to the Jury to examine. George is soon acquitted and a blot is thus removed from the fair pages of our history. The hatchet is awarded to George's Father and the limbs of the tree to the guests. The limbs are made of gray pasteboard and filled with candy and the hatchet is one of those made purposely as a bonbonniere. Everybody unites in singing Yankee Doodle.

M. V.

* * *

Cleaning Silver

A SIMPLE method for cleaning silver which has become blackened through use is to boil it in contact with a zinc or aluminium plate in a solution made by dissolving a teaspoonful of baking soda and a teaspoonful of common salt in a quart of water. The tarnish will almost instantly disappear and the brightness of new silver will return.

The dark color of the silver is due to the formation of silver sulphide by combination of the sulphur of the food with the silver. The cleaning action depends on the fact that an electric current is developed when two metals are brought into contact with each other in a salt solution. The current reduces the silver sulphide to metallic silver, which is re-deposited on the article being cleaned. Thus none of the silver is lost, as is the case when a polish is used.

Aluminium plates especially for the purpose may be bought, though a plate cut from a worn-out aluminium vessel will serve the purpose fully as well. An agate kettle or pan should be used for

boiling the solution rather than an aluminium one, as the sulphides set free in the reaction will attack the aluminium.

* * *

Meatless Dinners for Meatless Days

Hors d'oeuvres
 Chicken Okra Soup, Creole
 Filet of Sole, Sauce Rémoulade
 Roast Royal Squab, Stuffed, English Style
 Braised Celery Duchesse Potatoes
 Salad Caprice
 Vanilla Ice Cream with Marrons Glacées
 Coffee
 Cherry Stone Clam Cocktail
 Tomato Bisque with Whipped Cream
 Oyster Patties, Careme
 Broiled Guinea Chicken, Grape Jelly
 Baked Sweet Potatoes
 Broiled Eggplant
 Lettuce-and-Alligator Pear Salad
 Charlotte Russe Coffee
 Astrakhan Caviar
 Green Turtle Soup
 Broiled Spanish Mackerel, Anchovy Butter
 Roasted Native Turkey, Chestnut Stuffing
 Fried Celery Mashed Potatoes
 Stuffed Onions
 Pumpkin Pie American Cheese Coffee

Meatless Luncheon for Meatless Days

Assorted Hors d'oeuvres
 Clam Broth with Whipped Cream
 Lobster Newburg with Whole Wheat Toast
 Pineapple-and-Celery Salad
 Supreme of Grapefruit
 Cheese Soufflés Coffee
 Chicken Broth in cups
 Fried Scalops, Sauce Rémoulade
 Chicken Hash with Green Peppers, au gratin
 Spoon Corn Bread Topsy Parson Coffee
 Oyster Cocktail in Grapefruit
 Grilled Sweetbreads with Virginia Ham
 Grapefruit-and-Cress Salad
 Entire Wheat and Brown Bread Sandwiches
 Cottage Cheese Coffee
 Broiled Sardines on Toast
 Chicken Livers and Mushrooms, en Brochette
 Stuffed Eggplant
 Waldorf Salad
 Fruit Coffee

* * *

—The Epicure.

In the old pre-Food Administration days did you ever realize that if you need "nourishment, bulk, mineral salts and a corrective alkalinity," you have only to call for a common white potato?

Small Fruits from City Backyards

By Gertrude Clark Hanson

MANY a city housewife has known this year for the first time the delight, as well as the economy, of cooking vegetables of her own raising. Few of them realize that the small fruits are just as practicable and satisfactory: they can be raised in a space too small for a vegetable garden, or will serve as an attractive border for a trim grass plot if one's tastes run that way. The returns are generous in proportion to the space involved, and the work is not too hard for any woman who is able to look after a rose-garden. Perhaps a page from my own experience will best prove my point.

Three years ago I was a victim of the corner grocery, paying high prices and often getting a poor or stale quality of fruit; then we moved, and, having a bit of ground at my disposal, I began looking about for information on gardening. One red-letter day I ran across a little book on fruit-growing for city folks; it sounded good to me, and, after reading it through, I decided to see how much of it was really true.

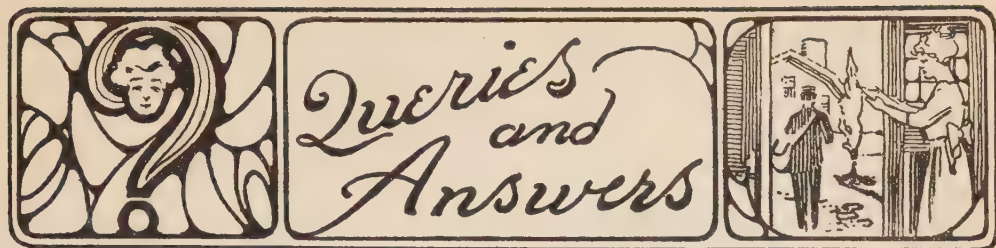
I started with a small order—a dozen red raspberry bushes at fifty cents a dozen and a hundred strawberry plants costing a dollar. These I set out, carefully following the directions in my book and doing all the work myself except the plowing and harrowing of the ground. The only work the first summer was keeping down the weeds and training the strawberry runners into place. The first spring—just a year after setting them out—I picked twenty-three quarts of fine strawberries and five quarts of raspberries. I pruned out the dead raspberries and enlarged the strawberry bed without expense by setting new plants from the runners. This summer, the second after planting, I picked forty-five quarts of strawberries and twenty-two of raspberries. A dozen black-caps set out last spring yielded six

quarts of berries, and will be in full bearing by next year. I forgot to say that I filled in an odd corner with three, each, of currants and gooseberries; they are scarcely in bearing yet, though I had enough currants this summer for half-a-dozen glasses of jelly—no small item, with currants selling at twenty cents on the market.

As to space, the red raspberries now occupy a row thirty feet long and about five feet wide along the edge of our lot. The strawberry bed is twenty feet by fifteen. This is not a large space when one considers the returns. Berries of all sorts were extremely high in our markets this year, and every time I carried a quart of fine berries up to my kitchen door I felt as though I had successfully raided a bargain counter. I put them up in the coolest part of the day while each berry was still at its best, and before I realized it my preserve-closet had a fine start.

If you own your own home the possibilities and delights are great, and, even if you rent, it will pay to have a strawberry bed—unless you are yourself an "annual." And raspberries come so easily and quickly that it is worth while to try them, too. This fall I set out a dozen blackberry vines; they will look well across the end of the lot, for they are as ornamental as any shrubbery.

Asparagus cannot be classed with the small fruits, but I must recommend it to the woman who owns her bit of ground. Though slow in coming into bearing, it is not difficult for the amateur to grow, and, when once well started, it can be depended on, year after year. A row of it takes little space; it is beautiful from spring to fall, and it provides a delicious vegetable just at the time when everything is scarce. A well-cared-for bed will prove one of the best aids to thrift.



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose addressed and stamped envelope. For menus, remit \$0.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 3907. "Where may Cottage Cheese be procured?"

Cottage Cheese

Cottage cheese put up in pint-size paper pails may be had at most grocery stores in New England for 15 cents per pail. The cheese is put up by the same company that supplies Neufchatel cheese.

QUERY No. 3908. "Recipes for Milk Crackers, Liverwurst and Buckwurst."

Receipts for Milk Crackers, etc.

As we have had no personal experience in the preparation of the above articles, it seems best to advise the subscriber to look elsewhere for the recipes. If a stamped envelope with writer's full address be sent, we will be glad to suggest a place where the recipes may be secured.

QUERY No. 3909. "Will you please print in your magazine a recipe for cutting off the top of a pineapple and taking out the inside whole, and then slicing it and putting it back in again? Also what sort of a knife should be used?"

Serving Pineapple in Shell

Cut a slice with the crown of leaves from a pineapple, then cut a slice from the bottom of the apple. With a sharp, thin knife—a French knife or a grapefruit knife with both edges sharp might be used—cut the pineapple one-half inch from the outside throughout its whole extent, cutting both from the top and the bottom. Remove the center from the bottom, and cut it in slices. Set the piece

cut from the bottom on a serving plate on a paper doilie; on this dispose the sliced pineapple, each slice in its appropriate place, then press the empty shell over the slices in its original place, and set the upper slice, with leaves properly trimmed, in its original place.

QUERY No. 3910. "Recipe for Fudge made with Brown Sugar."

Brown Sugar Fudge

To two cups of brown sugar add three-fourths a cup of cream or one-fourth a cup of condensed milk and half a cup of hot water; stir until the sugar is dissolved, wash down the inside of the saucepan above the sugar with cold water, cover and let cook three minutes; uncover, add one tablespoonful of fat and one-fourth a cup of cocoa or two squares of chocolate, and let cook, scraping from the saucepan occasionally, to the soft ball degree. Remove to a wire rack to cool; then beat and turn into a pan, brushed over with fat. When nearly cold, cut in cubes.

QUERY No. 3911. The recipe for Pumpkin Pie asked for in Query No. 3895 is probably the following rather than the one published.

New Style Pumpkin Pie (S. J. E.)

Bake a shell of pastry over an inverted plate; remove from the plate, wash the plate and set the shell inside the plate. Scald one cup of rich milk; mix one level tablespoonful of cornstarch with a little cold milk or water,

and stir into the hot milk; continue to stir until the mixture thickens, then cover and let cook ten minutes. Beat two egg-yolks; add one-fourth a teaspoonful of salt and one-third a cup of sugar, and beat again; then stir into the cornstarch; add half a cup of cooked pumpkin with a little nutmeg, cinnamon and ginger, and stir and cook until of a consistency to hold its shape; turn into the pastry shell; beat the whites of two eggs very light; gradually beat in one-fourth a cup of granulated sugar, and spread over the filling; sprinkle half a tablespoonful of sugar over the meringue, and let cook in a very moderate oven until the meringue is delicately colored. It should take ten to twelve minutes.

QUERY No. 3912. "Where may 'Agar-Agar' or Vegetable Gelatine be obtained?" (Given as Query No. 3890 in December.)

Agar-Agar

We herewith tender thanks and acknowledgment for the large number of letters received regarding Agar-Agar. We find it is quite generally sold by retail druggists in all parts of the country. It is used in making jelly, for medicinal purposes, and in making cultures in bacteriological laboratories. It may be obtained in form of "wafers," powdered, etc. Parke, Davis & Co., of Detroit, Michigan, with branches in all the large cities of the West, supply Agar of the finest quality in the form of a coarse granular powder, which is put up in cartons of one-quarter pound and one pound. When used in the place of commercial gelatine, one-fourth an ounce of Agar dissolved by boiling in one cup of water will jelly one quart of material.

QUERY No. 3913. "Kindly reprint article on use of Electric Beater in making Marshmallow Frosting and tell how to shape Puff-Paste for pie with fluted edge?"

Marshmallow Frosting

The marshmallow frosting referred to was made with two egg-whites to three-fourths a cup of sugar, and when made in quantity, as in restaurants, is beaten

with an electric beater, which makes it very light and fluffy. Such beaters can not be obtained in a size suitable for home use.

To Shape Fluted Edge for Pie

Puff-paste is too fragile for use as the under crust of a pie; for this purpose plain pastry is used. Roll the pastry as usual, set it in the plate, and trim it off about one inch and a quarter from the edge of the plate all around the plate. Roll the pastry over and press against the inside edge of the plate, all around. This gives a double fold of pastry standing up nearly three-fourths an inch above the plate. Flute this double fold of paste with the thumb and forefinger of both hands, pressing each flute down upon the edge of the plate.

QUERY No. 3914.—"Recipes for a Simple Potato Soup and for Oysters, Martin Style."

Simple Potato Soup

Pare and cut in quarters four potatoes; wash thoroughly, and put over the fire with a large onion cut in thin slices, about one-fourth a cup of fresh or dried parsley, and half a cup of fresh or dried celery leaves. Add one quart of boiling water, and let cook until the potatoes are tender. Press the vegetables with the water through a fine sieve, and return to the fire. Cook three tablespoonfuls of flour in three tablespoonfuls of fat; add two teaspoonfuls of salt, half a teaspoonful of pepper, and three cups of milk, and stir until boiling; add the potato mixture, and stir until again boiling. If too thick, add more milk.

Oysters, Martin Style

Toast half an English muffin or a round piece of bread, and set on an earthen dish that is fitted with a glass bell. Spread the muffin with anchovy paste; above the paste set six or eight oysters, enough to cover well the toast; over the oysters dispose two tablespoonfuls of curry sauce; set the bell in place, and turn a little curry sauce around the

bell where it joins the earthen dish. Let cook in the oven until the edges of the oysters curl—about fifteen minutes.

Curry Sauce for Oysters, Martin

Cook half a chopped onion in three tablespoonfuls of fat until softened and yellowed; add two tablespoonfuls of flour, one teaspoonful or more of curry powder, and one-fourth a teaspoonful, each, of salt and paprika, and stir until blended; add half a cup or more of oyster broth and enough rich milk to fill the cup, and stir until boiling; add a teaspoonful of lemon juice, strain, and it is ready to use. This quantity is enough for three or four dishes.

QUERY No. 3915.—“May clear soup served in a cup, though a spoon be provided, be drunk from the cup? May not oyster crackers be dropped into a soup eaten from a plate?”

Proper way to Eat Soup

One may drink thin soup served in a cup from the cup. Soup served in a soup plate should be taken into the spoon by dipping the edge farthest from you into the soup, and half filling the spoon. The soup is taken from the side of the spoon nearest, and this side of the spoon need not be dipped into the soup. Oyster crackers are eaten from the hand, and not dropped into the plate of soup.

QUERY No. 3916.—“Recipe for Crusty French Bread baked in long narrow pan.”

2½ cups boiled water	1 teaspoonful salt
cooled to lukewarm	flour for dough
1 cake compressed yeast	

Soften the cake of yeast in the half-cup of water; mix thoroughly and stir into it enough flour to make a dough that cleans the dish. Knead this little ball of dough until smooth and elastic. Make two cuts across the top of the dough, at right angles to each other, and nearly

half an inch deep. Drop the ball into the two cups of lukewarm water in the mixing bowl. Let stand in a warm place, out of drafts, until the ball of dough floats on the top of the water, a light sponge; add the salt, and with a knife cut into the dough and water all the flour needed for a dough. Knead until smooth and elastic. Cover and set aside to double in bulk. Shape in two long loaves, and set to rise in pans brushed over with fat. When again light, bake about fifty minutes. The tough, crisp crust is occasioned by use of water without shortening, long kneading; and the shape of the baking pan affects the texture of the bread.

QUERY No. 3917.—“Recipe for Ribbon Cake given about a year ago in this magazine.”

Ribbon Cake

Beat one cup of butter to a cream; gradually beat in two cups of sugar; beat four eggs light, then beat in one-third a cup of sugar and beat the whole into the first mixture; add, alternately, one cup of milk and four cups of sifted flour sifted again with four and one-half level teaspoonfuls of baking powder. Put a scant two-thirds of the mixture into two layer cake pans. Into the rest of the mixture beat two tablespoonfuls of cocoa, half a teaspoonful, each, of cinnamon and mace, one-fourth a teaspoonful of cloves, two teaspoonfuls of molasses, one cup of raisins, seeded and cut in pieces, one cup of broken nut meats, one cup of currants, half a cup of sliced citron and half a cup of candied cherries, cut in slices. Bake in a layer cake pan like the ones used for the plain layers. Put the layers together with fruit-jelly, having the dark colored layer in the center. Cover with boiled frosting and decorate with halves of English walnut meats.



The Silver Lining

In Hoover Street

The garbage-can groans from the curbing,
"Help, help. I am starving, oh, please!
There are dreadful 'gone' pains in my stomach,
I've caught that new Hoover disease!
Time was when they filled me to choking,
With tid-bits both luscious and fat,
But now it is only a stray peel or rind,
And lucky I am to get that!"

A puffy and overfed canine
Starts out on his rounds for the day;
Sniffs with pedigreed nose at the garbage,
And disgustedly waddles away.
"A mean, low-down trick," is his comment,
"But as easy to scent as can be—
Not content with this plan to starve humans,
They are trying to Hooverize me!"

Third in order comes Mike, the policeman,
With visions of good things to eat;
But in place of gray eyes smiling welcome,
Is a shield in a circle of wheat.
"It's meself put the card in the winder—"
Strange words greet his wondering ear!
"Nothin' doin' ter-day nor ter-morrer,
Thim's giv'n'mint orders, Mike dear."

Kate's mistress sits tense in the parlor,
With cook-books and pencils and pads;
She is busy with work more absorbing
Than even the latest of fads.
No luncheon or bridge is she planning,
Nor tea for the social elite,
But menus both meatless and wheatless,
For Hoover's the name of her street!

May Emery Hall.

Adversity for Sweetening

If the sugar shortage materializes
here, as threatened, it will be difficult
to make sweet-toothed Americans be-
lieve that sweet are the uses of adversity.
—*Baltimore American.*

The price of the milk of human kind-
ness has not been advanced. It is still
free, but not always to be had.—*Deseret*
News.

The dairymen have formed a pool
To make the prices jump.
We thought that as a general rule
They got it from the pump.

—*Columbus (S. C.) Star.*

Under a "sketchy little thing" exhi-
bited by Jones there hangs a printed
card which bears the words: "Do not
touch with canes or umbrellas." An ap-
preciative small boy added the following
postscript: "Take an ax."

Archbishop Magee, of York, after
staying at a hotel, had an extortion-
ate bill presented to him by his host.
who, after receiving payment, solicitous-
ly inquired if his lordship had enjoyed
the change and rest. "No, I have had
neither," replied the Archbishop; "the
waiter had the change, and you've had
the rest."

Janice: "Do you know, Horatio, dat
every boy hez a chance ter be de Presi-
dent?"

Horatio (thoughtfully): "Well, I'll
sell my chance for ten cents."—*Sacred*
Heart Review.

The daughter of the Episcopal rector
in a town near Boston asked her father
the other day: "Father, why don't you
take some other funny paper besides
Life and the *Christian Register*?"

The minister went to the village bar-
ber, with whom he was at loggerheads,
for a shave. When it was finished he
proffered the usual twopence halfpenny.
"I'll take it in preaching!" replied the
barber, refusing the offered coins. "My
friend," rejoined the minister, with dig-
nity, "I haven't twopence halfpenny ser-
mons." "Thats all right, sir!" retorted
the barber. "I'll come twice!"—*Chris-
tian Life.*

A circuit court judge of Pennsylvania
was systematically affronted by a law-
yer, a political opponent. A friend
asked him: "Why don't you squelch the
fellow? He needs it." "Well," said the
judge, musingly, "up in my home town



A New and Economical Coffee Cake

"BULLY" is what the boy said. "It is delicious", is the verdict Mildred Maddocks of Good Housekeeping Institute passed upon it. Best of all it conforms to the rules for food conservation in that it contains no butter. It is inexpensive and most grateful to the taste. Made with Crisco it possesses unusual richness. It serves equally well as a coffee or tea cake.

CRISCO
For Frying—For Shortening
For Cake Making

Use Crisco in all cooking and you will find that even the simplest foods have new flavors that delight the palate. This is because Crisco has no taste or odor of its own and allows the natural food tastes to prevail.

With the National Food Administration insisting that no butter be used in cooking, it is a most pleasing economy to depend wholly upon Crisco in all recipes calling for butter or butter substitute.

Crisco is a pure all vegetable shortening. It comes in one pound, air tight, sanitary packages and costs no more than the same quantity of lard dug out of an open pail. It is a boon to every housewife who is proud of the quality of her cooking.

The Book Every Housewife Needs

Today every housewife is searching for recipes for simple, economical foods. "The Whys of Cooking" is a most valuable book for her. It contains hundreds of new recipes and solves many of the little problems of cooking and entertaining. Janet McKenzie Hill of the Boston Cooking School is editor of the book. It is illustrated in color and contains the interesting Story of Crisco. Published to sell at 25 cents, we will send you a copy for five 2-cent stamps. Address Department A-2, The Procter & Gamble Co., Cincinnati, Ohio.



A reduced reproduction of the new one-pound package

A New Breakfast Cake

Tested and indorsed by Good Housekeeping Institute, Mildred Maddocks, Director.

2 cupfuls flour ½ cupful milk
½ teaspoonful salt (mixed with
2 ½ tablespoonfuls sugar ¼ cupful water)
8 teaspoonfuls baking powder 2 tablespoonfuls Crisco
(Use accurate level measurements)

Mix and sift dry ingredients. Melt and add Crisco, then water and milk together. Must be rather stiff batter. Divide into two jelly cake pans and spread on top mixture. Bake in moderate oven.

Top Spread

2 ½ tablespoonfuls flour 5 tablespoonfuls sugar
1 teaspoonful cinnamon 4 tablespoonfuls Crisco
(Use accurate level measurements)

Mix dry ingredients, stir in melted Crisco, and spread on the cake.

there's an ugly yaller dog that, whenever there is moonlight, sits on the stoop and howls until the town can't sleep, and generally keeps it up till daylight." He then resumed his dinner. The friend in amazement inquired: "Well, what of it?" "Well, replied the judge, slowly, "the moon keeps right on."

A New York publisher directed one of his clerks to hang out a sign, "Boy wanted." Five minutes later, a red-headed little fellow appeared in the office with the sign under his arm.

"Say, mister," he demanded, "die you hang dis out?"

"I did," replied the publisher, sternly; "why did you tear it down?"

Back of his freckles the boy gazed in wonder at the man's stupidity.

"Why," he replied, "I'm de boy." *New York Sun.*

"This seems to be a very dangerous precipice," remarked the photographer. "I wonder that they haven't put up a warning-board."

"Yes," answered the guide, "it is dangerous. They kept a warning-board up for two years; but no one fell over, so it was taken down."—*Piffle.*

A young man of Boston, who had failed to pay his laundry bill, endeavored to turn his Chinaman aside from inquiry by an attack upon the Celestial's manner of speech. "Why do you say 'Fliday,' John?" he asked. "Say Fliday because I mean Fliday," replied John. "No say Fliday, and mean maybe week after nex' like Melican man."

Simson: "I wonder where the step-ladder is."

Mrs. S.: "Willie had it last."

Simson: "Then it must be in the pantry."

The art of living is largely a matter of adjustments. He who has learned this and practises it has wisdom, charm, and a host of friends.

College Girls Want Farm

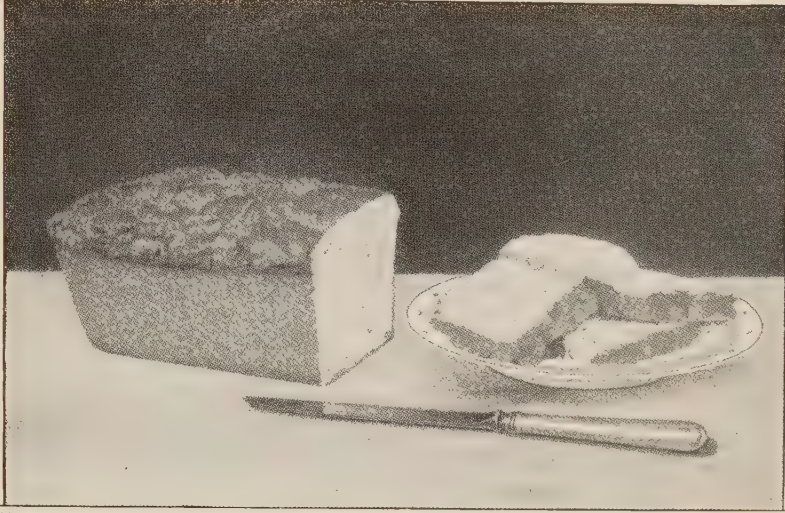
Wellesley "War Farm Committee" Asks of Trustees Privilege to Lease Farm

A "War Farm Committee" appointed by students at Wellesley College, and composed of members of the faculty, has asked the trustees for sanction to lease and operate a farm of from eighteen to thirty acres next year. The girls aim to produce as large an amount of food as possible without thought of profit, and to provide all the labor themselves.

A Sugar-Saving Confection

"Apple allies" are a new sugar-saving confection developed in the red-apple country of the Pacific Northwest by a woman who wished to devise a confection in which the minimum amount of sugar could be used and no butter. This is an apple slice, coated with hard, transparent sugar, and the recipe is as follows: Make a syrup of two cups granulated sugar and one cup of water. Have ready one medium-size apple, pared, cored, and each quarter cut into three pieces. Drop the twelve pieces in the boiling syrup, and allow to cook or boil therein until they are all transparent and tender, easily pierced with straw. Remove from kettle, drain, and place on waxed paper or platter. Allow to remain twenty-four hours, then roll in granulated sugar; roll twice again at intervals of twenty-four hours. If moisture accumulates on waxed paper, renew it. Allow allies, after third rolling, to remain on platter until dry; keep in dry place thereafter, exposed to air, turning from time to time. The amount of syrup stated will make five dozen apple allies, five apples being used. Add boiling water to syrup, as it thickens, to maintain original consistency.

The following sign was nailed to one of the posts supporting the porch roof of a store in a hamlet of the Far West: "Don't hitch your bronchos to the pillars of this temple. Remember Samson."



Ryzon Liberty Bread

So favorable have been the comments on RYZON Liberty Bread by the housewives and chefs who have tried it, that we are giving the recipe here. Rye flour, with added moisture, may be used in place of the wheat flour, and an acceptable loaf may also be made omitting the egg. Bake it in a loaf or in a sheet like the old-fashioned corn bread.

RYZON LIBERTY BREAD

1 level cupful cornmeal
 $\frac{1}{2}$ cupful bran
 1½ level cupfuls white flour
 6 level teaspoonfuls RYZON Baking Powder

1 level teaspoonful salt
 2 level tablespoonfuls shortening
 1½ cupfuls milk — or milk and water
 1 egg

Be sure to use the accurate level measurement. Sift together cornmeal, white flour, RYZON and salt; add bran, cut in shortening and mix thoroughly. Beat egg; add milk and mix with dry ingredients. Bake in a moderate oven 30 minutes.

This mixture may be baked as a loaf bread, as illustrated, or in gem pans for a hot bread.

When using gas, light oven after

loaf is put in, otherwise let bread stand for 15 minutes before putting into a moderate oven.

The RYZON Baking Book is priced at \$1.00. But by sending us the user's certificate (packed with one-pound can of RYZON), and eight 3c stamps you will receive the Baking Book, postpaid.

A pound can of RYZON and a copy of the RYZON Baking Book will be sent free, postpaid, to any domestic science teacher who writes us on school stationery, giving official position.

GENERAL CHEMICAL COMPANY, Food Department, NEW YORK

The Light-Footed Mother

(Continued from page 493)

awaited, and then he heard the creak of the cupboard door, opened by stealthy fingers. It was some time before he could summon sufficient courage to approach the stair railing that commanded a view of the kitchen. But at last he gathered himself together for the supreme effort, and took three cautious steps, which brought him to the railing. For several minutes he watched. What he saw was not a burglar in the act of appropriating the two-dollar bill. But it was something much more disquieting; so disquieting that, though he felt his way cautiously back into bed, making no sound, he lay awake for a long time, thinking, studying.

In the morning Johnnie arose at six o'clock and tip-toed to his mother's door. She appeared to be sleeping. He cautiously approached his sister's bed:

"Sis," he whispered, shaking her shoulder, "Sis, you'd better get up," and as her eyes opened he put his fingers to her lips and cautioned silence. "Sh-sh-sh!" he whispered, "ma's puttin' somethin' over on us. She wasn't sick at all yesterday. I saw her downstairs last night, well as could be, eatin' a sandwich as big as your head."

Then he went back to his room and dressed. Annie dressed too, dressed very quickly, and as she dressed yesterday's suspicion straightened itself out into a reality.

"Ma, are you going to be able to get up today?" queried Annie, impatient with fear of the reply.

"What! You up?"

"Yes, and Johnnie's downstairs already. I think he's emptying the ashes."

"Indeed? Why, yes, I think I feel better this morning; I believe I can get up," and a deep, relieved sigh escaped from each.

Mrs. O'Hara came over while the family were eating the breakfast that Annie had helped prepare, while Johnnie

fed the chickens and raked the patch of green they called a lawn.

"The saints be praised, you're better, Ellen Malone!" the neighbor exclaimed, rejoicing, indeed.

"Yes," came the rejoinder, "but my feet still feel a bit heavy this morning."

"Well, niver you worry," Mrs. O'Hara replied, "Annie's are gettin' much lighter. And as for Johnnie; sure, it's the regular fawn he's becomin'!"

Purely American Styles

To Appear in Women's Apparel This Year—Skirts Will Be Short and Skimpy

"American-made for the American maid, and conservation all the way through." This was the war cry that went up at the spring style show on the last day of the national cloak; suit and skirt manufacturers' convention held in Cleveland, O., last week.

Every available cloth saving will be observed to meet the Government's request to conserve the diminishing wool supply. But no whit of style will be sacrificed. There will be no foreign influence in a single line the women wear this year.

Skirts are to be skimpy and short. In the suits and coats there are flare drops falling over the hips into points. Turned panels brought horizontally up the back of the skirts give a chic dash.

America's participation in the war is to be seen in the khaki-colored serges; in the red, white and blue decorations of serge afternoon coats; in the "Sam Browne" belt; in the "Sammie" colored cloth, and in the military pockets.

Colors in vests will be cheerful. Corals and reds are to be particularly popular. Greens are in favor, ocean, Nile, jade and reseda. Then there are peacock, poilu and navy blue. Tans of all shades are at the front. Clay color khaki, Quaker gray and buff are in this list. There are also some black satin dress coats and suits.

"I Wonder

**Do You Suppose That
Puffed Wheat Is Half
as Good as It Looks?"**

It seems rather a pity to picture Puffed Wheat to boys who never get it.

You have seen them, perhaps—looking at a pictured dish of these bubble grains in milk. They gaze at it in envy, as they look at the window of a candy store.



Few Boys Get Enough

But there are other boys who get Puffed Grains too rarely. They seem too good for every-day delights.

That results from a wrong idea of Puffed Grains. These are not mere tidbits—not mere garnish for a meal. They are whole grain foods, prepared in Prof. Anderson's scientific way. After an hour of fearful heat, the grains are shot from guns. And a hundred million steam explosions are caused in every kernel.

Every food cell is blasted so it easily digests. Thus every atom of the whole grain feeds.

Every ounce of Puffed Wheat is an ounce of clear nutrition, supplying everything we need. The taste is like puffed nut-meats. The texture is so flimsy that the grains fairly melt away. Yet, as a food, Puffed Wheat excels any other whole-wheat product.

**Puffed
Wheat**

**Puffed
Rice**

and Corn Puffs

Each 15c Except in Far West

With cream and sugar, Puffed Grains seem almost too good to eat. Mixed with any fruit they form a delightful blend. There is nothing like them for a bowl of milk.

Salted or doused with melted butter, they form an after-school confection. They take the place of sweets and cookies. And every serving means a perfect food made easy to digest. Keep all three kinds on hand.

Jiffy-Jell

For Desserts and Salads

Fruit Flavors in Vials

Give It Multiplied Delights

There has come a revolution in quick gelatine desserts. There has come a new type which everyone should know. In a million homes it has changed the whole conception of these quick, fruity dainties.

The new type is called Jiffy-Jell—an exquisite product.

Its fruit flavors are made from the fresh ripe fruit itself.



Pineapple

The flavors come sealed in vials—a bottle in each package—so they keep their strength and freshness.

Each vial contains the essence from a large amount of fruit. So the flavors are abundant.

Thus Jiffy-Jell desserts and salads have a wealth of fresh-fruit taste.

You will be amazed when you compare them with the old-style jelly dainties.



A Bottle in Each Package

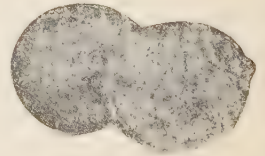
Nothing so fruity, so delightful can be served at such trifling cost.

You add nothing but boiling water. No sugar, no color is needed.

The vial of flavor gives sufficient fruity taste. There is Lime flavor—made from lime fruit—for tart, zestful salad jell.

Mix it with your salad, or mix the salad in before cooling.

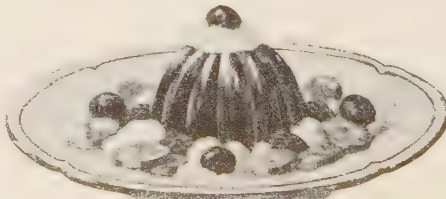
The Mint flavor—made from mint leaves—makes a garnish jell rich in fresh-mint flavor.



Lime—for Salad Jell

The fruit flavors include Loganberry—the finest of berry flavors. Also Pineapple—a flavor which must be bottled.

For your own sake try this new-type dainty. See our offer on next page.



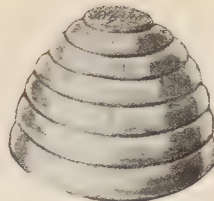
Quick Fruity Desserts



Style 2



Style 5



Style 4

Dessert Molds Free

This offer is made to the millions of homes still using old-type desserts. We want you to know how Jiffy-Jell differs, and to know the facts at once.

Jiffy-Jell, with its fresh-fruit richness, will be a revelation.

Jiffy-Jell was created by Otis E. Glidden, for 18 years the leading gelatine expert. It is made under his direction.

It is made with a rare-grade gelatine, which costs twice as much as the common. The owners of Jiffy-Jell produce it.

It is made in the model food plant of America, built for Jiffy-Jell alone. So it is in every way exquisite.

Our Offers

Buy from your grocer two packages of Jiffy-Jell. Then send us the coupon below.

Enclose 10c — cost of mailing only — and we will send you three individual dessert molds in assorted styles. They are made of pure aluminum.

Or enclose 20c and we will send six molds — enough to serve a full package of Jiffy-Jell. The value is 60c per set.

Or enclose 10c — cost of mailing only — and we will send an aluminum pint mold, heart shaped or fluted, as you prefer. The value is 50c.

Cut out the coupon now. Then order Jiffy-Jell from your grocer and mail the coupon to us.

10 Flavors in Glass Vials

A Bottle in
Each Package

Loganberry
Raspberry
Cherry
Coffee
Lime
Strawberry
Pineapple
Orange
Lemon
Mint

Two Packages
for 25c



Mail Us This Coupon

When you buy Jiffy-Jell from your Grocer
I have today received two packages of Jiffy-Jell
as pictured here from

[Name of Grocer]

Now I mail this coupon with
☐ 10c for Pint Mold, heart or fluted, or
☐ 10c for 3 Individual Molds, or
☐ 20c for 6 Individual Molds,

[Check which]

Write plainly
and give full address

Your Name _____

Address _____

Be sure you get Jiffy-Jell, with package like picture, for nothing else has true-fruit flavors in vials. Mail coupon to

A.C.
288

Waukesha Pure Food Company, Waukesha, Wis.

How Delicious It Tastes

That icing, pudding, sauce, dainty dessert, whipped cream, ice cream, sherbet or frappe flavored with

Mapleine

(The Golden Flavor)



Not only does it give a maple taste that delights but a soft golden color that makes the dessert distinctly different.

Grocers sell Mapleine
2-oz. bottles 35c, in Canada 50c.

Send 4c. in stamps for copy of our
new Mapleine Cook Book. Write

Dept. C. Crescent Mfg. Co.
Seattle, Washington

NESNAH

(Made in a Jiffy)

For the work-a-day-world there is no better or cheaper food than milk.

Though you fully realize this perhaps plain milk does not appeal to you. And it is right here where Nesnah fills a great need in the diet. As by its flavor and richness it encourages the use of milk.

**No Sugar, No Flavor, No Eggs are
necessary for Nesnah Desserts**

RASPBERRY NESNAH

Heat one quart of milk lukewarm, drop into it one box of Raspberry Nesnah, and dissolve by stirring one-half minute. Pour into individual glass cups and allow it to stand undisturbed ten or fifteen minutes. Place in refrigerator and when well chilled serve with a little whipped cream.

One Ten Cent Package Makes a Quart

SIX PURE NATURAL FLAVORS
Vanilla Almond Lemon Orange Raspberry Chocolate

A Post Card will bring you a sample package and a Nesnah cook booklet.

Chr. Hansen's Laboratory, Inc.
Box 2507. Little Falls, N. Y.

Admitted as Facts

The American people have not refused anything that is needed for the war.

The Government asked them for 1,500,000 men, and the men are in the camps or on the fighting line.

It asked for ships, and \$2,000,000,000 worth of ships are under construction.

It asked for money, and money has been forthcoming with absolutely no stint.

And now it is asking for food, and out of their wealth the American people will give food as generously and effectively as they have given everything else needed in connection with vigorous prosecution of the war.

Food makes the most direct war contribution, apart from men—one that touches every home every day.

Next to men, it calls for the greatest changes in normal life and personal habits.

The American people have changed their money habits and are buying bonds; they have changed their ways of thinking about ships, and are building a mercantile marine; they have changed their views of peace, and are giving their men for the establishment of a real world peace.

And they are changing their habits in food. They eat corn instead of wheat, poultry instead of beef and pork, and are saving sugar and fats.

It has taken a little longer to organize this war contribution of food, chiefly because the matter was more complicated than other war contributions, and had to be brought home to more people.

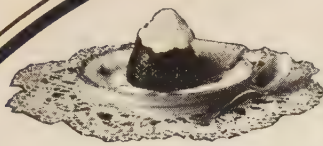
But it has been brought home, and the food has begun to move to Europe.

In this great war work the American people are not going to be found wanting.

Young Machiavellis

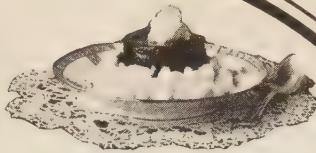
Mother—Children, I'm shocked! You each promised me you wouldn't eat your oranges till after dinner. You have deceived me.

Willie—No, mamma; we didn't eat our own oranges. Tommy ate mine and I ate his.



Chocolate or Cocoa Blanc Mange

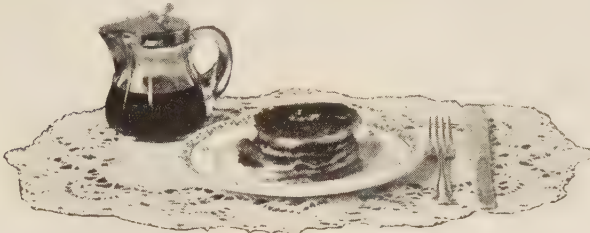
$\frac{1}{2}$ cup Minute Tapioca $\frac{1}{2}$ cup sugar
 2 cups chocolate or cocoa Vanilla, salt
 Add the Minute Tapioca, sugar and little salt to the chocolate or cocoa made proper strength for drinking. Cook 15 minutes, stirring frequently. Remove, add vanilla, pour into molds.



Danish Pudding

3 cups hot water 1 saltspoon salt
 $\frac{1}{2}$ cup Minute Tapioca $\frac{1}{2}$ cup sugar
 1 small tumbler currant jelly

Cook the Minute Tapioca and water 15 minutes. Add sugar, salt, currant jelly. Stir until dissolved. Pour into dish, chill, serve with cream and sugar.



Tapioca Griddle Cakes

2 cups Tapioca Cream (unflavored) see Minute Cook Book
 $\frac{1}{2}$ cup milk 1 cup flour
 $\frac{1}{2}$ teaspoon salt 2 teaspoons baking powder

Mix and bake on hot griddle. Serve with butter and honey or maple syrup. Delicious for Sunday morning breakfast. The Tapioca Cream can be made the day before.

Minute Tapioca



One of the best energy-producing foods we have—say dieticians.

With Minute Tapioca always on your pantry shelf, you will find yourself using it in many wheat-saving ways. Not for desserts only, but for good, healthful, every-day conservation dishes. Let us send you our Conservation Cook Book (free). Buy genuine tapioca. You will know it by the blue band and the Minute Man. It is made from genuine tapioca flour.

MINUTE TAPIOCA COMPANY
 32 North Main Street
 Orange, Mass.

SAVE MEAT

by serving more stuffing when you serve roast meats, poultry, fish and game.

If this dressing is flavored with Bell's Seasoning it adds to the pleasure of the meal.

ASK GROCERS FOR



A jocular remark attributed to a Jew was, "Where do these Christians get all this money we take from them?" This question is now suggested in a different form, "Where did the people get all the money that they are now pouring out in endless stream of bounty for suffering people, soldiers and civilians in all parts of the world?" In Massachusetts, and in less degree from all the States of the Union, the stream of benefactions flows on like the golden stream of Pactolus. Surely the over-rich will soon have embarrassed themselves of their superfluous riches to such an extent that the envy of the discontented members of society will no longer be excited. What good fortune it was for every good cause in the world that great stores of wealth had been accumulated ready to meet all the demands of humanity and benevolence! In the old days, when every one was grabbing the new supplies of wealth, Rockefeller joined in the game as a master-hand; but, long since reformed, his millions, mostly honestly earned, are now blessing the whole world.

There are but few families above the middle grade of intelligence that have not some stake in the war. If there are no men eligible for service in the field, there is always somebody, man or woman, who can take up a task that in some way helps the Government to carry on its mighty work. Every little helps. Even the pacifists are eager to do something useful which will lay no burden on their consciences; and, once putting a hand to the plough, they find it difficult to draw a line which they will not pass. In the Civil War two Friends rode from Boston to Maine. One confessed that he had a burden on his conscience. He had oak timber that the Government wanted to buy. He feared that it would go into warships. His companion withheld advice until they reached Portland. Then, rising to go out, he said: "Well, friend Benjamin, if thee sells that timber to the Government, be sure it's sound."

—*The Christian Register.*

Tide-bits from the tide-trips

of the Mighty Pacific!

Pioneer
MINCED SEA
Clams

Gathered from the pure tide-washed sands of the great Pacific, their flavor fairly smacks of the salt sea. An appetizing and marvelously nutritious sea food for young and old alike—splendid for invalids. Unsurpassed for soup, creamed, etc.,—every particle fit to eat; no waste. "Eat more fish."—Try PIONEER Minced Sea Clams.

At your store INSIST on "PIONEER"—the original Minced Sea Clam. Recipe book free—sample can for 20c in stamps.

SEA BEACH PACKING WORKS
107 PACIFIC AVENUE
ABERDEEN, WASH., U.S.A.

WAGNER CAST ALUMINUM WARE

"From Generation to Generation"

WAGNER Cast Aluminum Ware Utensils are artistic achievements as well as useful articles of perfect efficiency. In material and finish they are as pleasing to the senses as antique pewter creations, and as pretty and appetizing on the table as Sterling.

Every piece is cast in a mold, (not stamped or drawn) is without seam or joint and does not bend or break. It is pleasing to work with and substantial beyond any other form of kitchen ware. It cooks food with less fuel, prevents scorching and does not crack or chip.

Ask to see Wagner trademark on every piece.

Write for Free Illustrated Booklet J.

The Wagner Mfg. Co.
Dept. 46 Sidney, Ohio

Wagner Ware Includes

Percolators Tea Pots
Tea Kettles Jelly Molds
Bread Pans Casseroles
Ramequin Sets
Pudding Pans
Skillets Sauce Pans
Waffle Molds
Griddles
Omelet Bakers
Roasters
Steam Cookers, etc.

Genuine Whipped Cream

Made with

CREMO VESCO

and

THIN CREAM

or

HALF HEAVY CREAM and MILK

or

"TOP" of the MILK BOTTLE

The most up-to-date housekeepers and the finest confectioners, caterers, tearooms and soda fountains in the country use Cremo-Vesco. Domestic Science schools and University Extension courses recommend it to their pupils.

Send for a bottle today

Household size, prepaid, 30 cents
16 ounce bottle whips 75 quarts
of thin cream. \$1.00

CREMO-VESCO COMPANY

631 EAST 23rd ST., BROOKLYN, N. Y.

The New Mars

I war against the folly that is War,
The sacrifice that pity hath not staved,
The Great Delusion men have perished for,
The lie that hath the souls of men betrayed;
I war for justice and for human right,
Against the lawless tyranny of Might.

A monstrous cult has held the world too long;
The worship of a Moloch that hath slain
Remorselessly the young, the brave, the strong,
Indifferent to the unmeasured pain,
The accumulated horror and despair,
That stricken Earth no longer wills to bear

My goal is *peace*, — not peace at any price,
While /et ensanguined jaws of Evil yawn
Hungry and pitiless. Nay, peace were vice
Until the cruel dragon-teeth be drawn,
And the wronged victims of Oppression be
Delivered from its hateful rule, and free!

When comes that hour, resentment laid aside,
Into a ploughshare will I beat my sword;
The weaker nations' strength shall be my pride,
Their gladness my exceeding great reward;
And not in vain shall be the tears now shed,
Nor vain the service of the gallant dead.

I war against the folly that is War,
The futile sacrifice that naught hath stayed,
The Great Delusion men have perished for,
The lie that hath the souls of men betrayed;
For faith I war, humanity, and trust;
For peace on earth — a *lasting* peace, and *just*!

— Florence Earle Coates, in *The Athenaeum*.

The Author of Evil

INQUIRE no longer who is the author of evil. Behold him in yourself. There exists no other evil in nature than what you either do or suffer, and you are equally the author of both. General evil could exist only in disorder, but in the system of nature I see an established order which is never disturbed. Particular evil exists only in the sentiment of the suffering being; and this sentiment is not given to man by nature, but is his own acquisition. Pain and sorrow have but little hold on those who, unaccustomed to reflection, have neither memory nor foresight. Take away our fatal improvements—take away our errors and our vices—take away, in short, everything that is the work of man, and all that remains is good.—Jean Jacques Rousseau.



Grandmother's story is replete with culinary achievements, and emphasizes the importance of insisting upon

STICKNEY & POOR'S
EXTRA FINE
M U S T A R D

Spices, Seasonings and Flavorings.

A million Grandmothers, and housewives of the present generation, use and endorse the products that are "Century-Old and Century-Honored."

For Goodness Sake say Stickney & Poor to your storeman.

Your Co-operating Servant, "MUSTARDPOT"

STICKNEY & POOR SPICE COMPANY1815--Century Old--Century Honored--1918
BOSTON, MASS.

Mustards - Spices

Seasonings-Flavorings

THE NATIONAL MUSTARD POT

—from leftovers
usually thrown away
—into
delicious
appetizing
dishes

MRS. KNOX has found ways to make deliciously appetizing dishes from left-overs you are trying to save.

All last summer she spent working out by practical kitchen experiment the war-time recipes that she has put into her new book, "Food Economy." "I know," she says, "that some women look upon my gelatine as more or less of a luxury; and in these days of food conservation many would stop buying it, and rightly, too, unless I can prove that it really helps to save food which might otherwise be wasted."

That she has proved her point as to the war-time utility of Knox Gelatine is evidenced by the enthusiastic appreciation accorded her book, "Food Economy," by leaders of the food conservation movement.

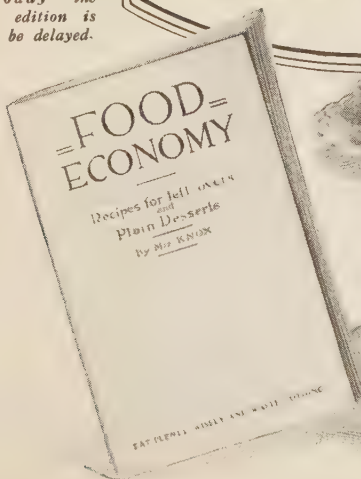
This book, "Food Economy," contains 138 recipes for delicious, inexpensive dishes, most of them made from left-overs, that every patriotic housewife will find helpful in carrying out her pledge to Mr. Hoover.

"Food Economy" is sent free for the asking, in the sincere hope that it will aid those who receive it to do their "bit" and help to win the war.

CHARLES B. KNOX GELATINE CO., Inc.
7 Knox Avenue, Johnstown, N. Y.

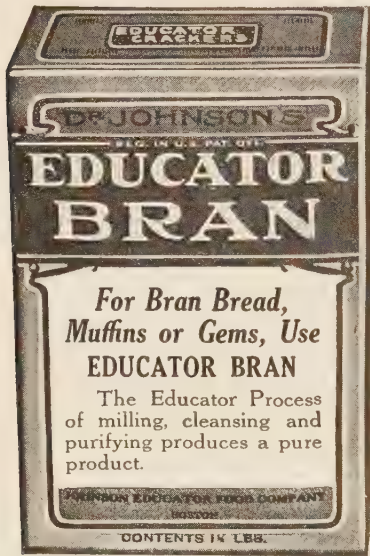
KNOX
SPARKLING
GELATINE

Better send for this book today — the second edition is apt to be delayed.



Salmon
Mold
(for recipe, see page 14, "Food Economy")

Jellied Vegetables
(for recipe, see page 19, "Food Economy.")



SEVEN-CENT MEALS \$1.50 per week
per person: 42
meals with recipes and directions for preparing each. 100
or FREE for names of two friends interested in Domestic
Science.
Am. School Home Economics, 503 W. 69th St., Chicago



Ask Grocers for
SLADE'S
Spices and Extracts
SLADE'S flavor most and
flavor best.
D. & L. SLADE CO., BOSTON, MASS.

Olive Oil as Food

A writer in the *Daily Telegraph* recently drew attention to the use of olive oil, stating that among the lessons learned in England from the exigencies of war time is the worth of olive oil. Fewer people shudder at the thought of anything cooked in good oil. Hitherto an almost flavorless, highly refined variety has been tolerated in small quantities in salad dressings, mayonnaise sauce, and such-like preparations; but very few housewives would have considered for one moment the advisability of frying fish or vegetables in oil. Now they have learned by experience that the people of foreign countries, notably of Italy and France, who make such free use of oil, are not so primitive and barbarous in their tastes as they supposed.

Concerning the food value and health-giving properties of olive oil, the same writer further states that there cannot be any doubt. The highest medical authorities are unanimous in their praise of this fine foodstuff. Fish fried in oil is excellent, and does not taste rank; that is, assuming that a pure olive of good quality is used. Bad oil is no better than bad butter, dripping, or margarine. There is an economical side to the use of oil. When it has been employed to fry fish it should not be thrown away. That which remains at the bottom of the frying-pan can be put through a strainer, and with the addition of a little fresh oil, be made to serve the same purpose several times.

Nowadays, when meat is mostly on the lean side, a little oil added to a stew is not only savory, but provides the fatty matter essential to well-being. Vegetables, especially beans, cauliflowers, and green artichokes can be made exceedingly savory by the simple expedient of frying in a little oil (after having been boiled), with the addition of a few herbs or a morsel of grated cheese. For the last-named Cheshire, cheddar, or Canadian kinds will serve. Both the cheese and the oil are nutritious, and vegetables

HEBE

PATENTS PENDING



© T. H. CO.

THE NEW FOOD PRODUCT

HEBE is a compound of evaporated skimmed milk and vegetable fat, a pure, wholesome food. We take fresh, sweet, pure whole milk and extract the butter (or animal) fat, replacing it with vegetable fat—highly refined cocoanut fat. Hebe contains a minimum of 7.8% fat, and 25.5% total solids.

Hebe has been tested and recommended as follows:—

for **C**offee

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1 lb. bag Whole Wheat Flour	1 lb. bag Corn Meal	For \$1
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Delivered free within 300 miles. Recipe book sent with order.

Also Millers of Corn, Flour and Barley

GREAT VALLEY MILLS
Paoli, Pa.

treated with those substances will be found satisfying. It is worthy of note that when oil is taken much less bread is eaten. Even potatoes can be cooked in oil, and if the consumers are not informed on the subject they will probably be innocent of the fact that oil has been used instead of dripping or butter.

It is strange that it is only now beginning to dawn upon the minds of the people that olive oil should be more regularly used as an article of diet.

To rub the soles of the feet two or three times a week does wonders for some people troubled with corns, sweaty feet, chilblains, or cold feet. If not taken as food internally it may be rubbed over the loins, chest or abdomen, and similar results will follow.

The noted Galen said, "Oil pressed from the ripe olives exceeds in no one quality. It is temperate and useful to eat with salads and a little vinegar. People who have a tendency to constipation should take a teaspoonful to a tablespoonful of olive oil with their meals.

Besides producing these beneficial effects, it is a very nourishing, and strengthening diet. Of course, if used as food, bacon, butter, or fat meats should not be taken.—*Food and Cookery.*

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With Teco and a little cold water you have enough Pancakes for the family, and Teco Pancakes are as delicious as they are nutritious, because there is Malted Buttermilk mixed in the flour,—see advertisement on back cover page of this magazine.—*Adv.*

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Twenty Ways of Serving Eggs

Shirred in Glass Cup (one tablespoonful, each, Chopped Chicken, and Bread Crumbs with Milk or Broth).
Shirred with Asparagus Tips or Peas in Cream Sauce.
Eggs Baked in Potato Nests (Mashed Potato Hollowed out).
Eggs, Opera Style (Poached in Flat Dish, Asparagus set on one side, Hollandaise Sauce above, Broiled Chicken Liver on other side).
Poached Eggs, Lydia Style (Chicken-and-Potato Hash, Poached Egg above, Asparagus Puree as Border).
Eggs Baked with Cheese (Slice Buttered Bread, Thin Slices Cheese above, Break Egg above, cook till Egg is set).
Eggs and Onions, Creamed (Eggs and Onions Cooked and Sliced in Cream Sauce).
Eggs à la Aurore (Hard-cooked Yolks Sifted over Cream Toast, Surrounded by Lengthwise Quarters of Egg-White).
Egg Timbales, Bread Sauce (Eggs, Milk, Salt, Pepper, Onion Juice, Baked in Timbale Cups).
Eggs à la King (Sliced Eggs with Mushrooms and Green Peppers in Sauce of Cream, Chicken Broth, etc).
Egg Croquettes (Cubes of Egg in Thick Cream Sauce, Highly Flavored, Breaded and Fried).
Mayonnaise of Eggs and Lettuce.
Egg-Yolks, "left-over," Poached in Water Served in Soup.
Eggs on Anchovy Toast (Poached and set on Toast spread with Anchovy Paste).
French Omelet with Cubes of Fried Bread.
Puffy Chicken Omelet (Cubes of Chicken in Sauce folded in the Omelet and turned around it).
Rice Omelet (Puffy Omelet with one cup hot rice to two Eggs).
Eggs Scrambled (with Chopped Cooked Ham).
Oyster Omelet (Puffy Omelet with Creamed Oysters for filling and garnish).
Pineapple Omelet (Puffy Omelet with thickened [flour] Pineapple Sauce) dessert.

Fifteen Ways of Serving Potatoes

Stuffed Baked Potatoes (Grated Cheese or Chopped Ham).
Paprika Baked Potatoes (Scored crosswise on top, Butter and Paprika).
Potatoes, Village Style (Cold Boiled, Fine Chopped, Stewed in Milk and fat).
Potatoes au Gratin (Mashed, Mixed with Grated Cheese and Butter, browned in oven).
Potatoes au Bouillon (pared Potatoes, boiled in Broth, fresh or Corned Beef).
Potatoes, Comtesse, (raw, sliced, ranged in greased mold, with sauce from Chicken Broth, Baked).
Potatoes, Vienna Style (Mashed Potatoes Shaped like Lady Finger Rolls, Scored or Brushed with Egg Yolk, Baked on Buttered Dish).
Potatoes Maitre d'Hotel (Balls or Cubes, Boiled, Finished in Milk, with Butter, Egg Yolks, Lemon Juice and Parsley).
Potato Croquettes, Surprise (Mashed Potato [balls] Creamed Fish or Chicken in Center).
Potato Croquettes, Saxonne (with Creamed Onions in center).
Potatoes, Sauté, (Cold Boiled, Sliced Thin, Seasoned, Cooked in Bacon or other fat).
Potatoes, Lyonnaise, (same as Sauté with Fine Sliced Onions).
Scalloped Potatoes and Onions (raw or cooked, sliced in layers, salt, pepper, milk, baked).
Grilled Potatoes (cold boiled, sliced lengthwise, dipped in fat, broiled over coals or under gas).
Mashed Potatoes in Biscuit and Doughnuts.



C. A. Paine, Photographer

"THERE SHE IS NOW!" AND BEHIND A RISE LOOMS MONADNOCK

American Cookery

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No. 8

Country Days

By Beulah Rector

SOME February morning, when the maple brushes bare branches against your window pane, have you ever closed your eyes to the bleak world outside and been filled with an hundred raptures at the thought of summer? Bending grasses, berries ripening along warm pasture walls, clouds best watched flat on your back in an open field, country roads languid and leisurely, scented with the hot odor of blackberry blossoms and the greenness of ferns!

What a relaxation at a time when, like war, winter seems always to have been.

The February wonder of summer is followed by a March zeal for whatever relates to the soil. Exaggerated seed catalogues, glossy pamphlets issued by farm agencies, real estate advertisements in the backs of the magazines, how absorbing these are! You simply gloat over the views of farms for sale and country places for rent.

Here's one: "Bungalow in garden under apple tree, blue flame stove, dishes, etc." Another: "Ten rooms comfortably furnished, seven bedrooms, four fireplaces, overlooking the blue hills of Strafford and mountains beyond. Gorgeous sunsets. One mile from village, get away from dirt, people, and things."

"But what's the matter with Tramworth?" challenges one of the family in grievous tone.

That's so. "What's the matter with Tramworth?" It is gathered up like a high school yell. "What's the matter with Tramworth?"

"She's all right," comes the response "Then why aren't we going back?"

Surely we worked hard enough to find Tramworth. Remember how we pulled down atlases, and studied maps, and wrote letters to country postmasters describing exactly what we wanted,—not too much civilization, yet not altogether away from human neighbors, near woods and water,—how father made a trip when the lake was still full of ice, how we besieged him on his return, and he sketched the outside of the house and the arrangement of the rooms?

No, it isn't that we are deliberately plotting to give it up now, it's rather the fun of exercising our privilege to choose. When our neighbor has talked of his Wrentham farm we have sometimes said, "If you own your country place you feel obliged to return to it year after year; if you rent you go wherever you choose."

"It's just the way Caroline buys a hat," Stephen amplifies; "first she has to look at all the other hats in all the other department stores just to be convinced hers is the prettiest."

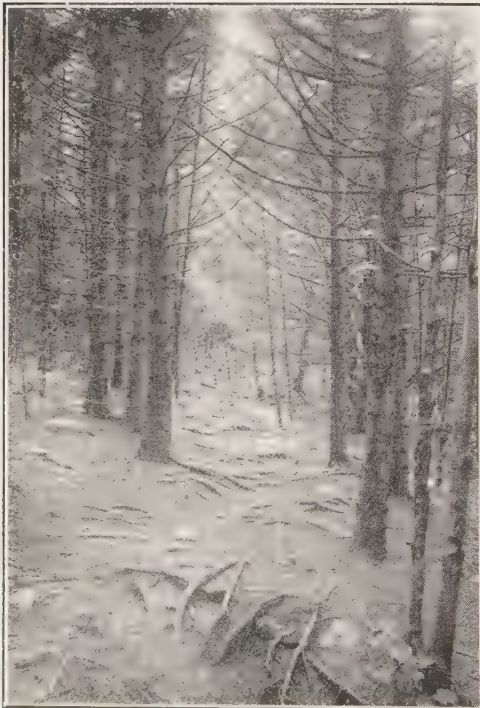
"Studying the country ads is like reading the cook book when you're hungry," I explained.

At last comes the day when a stout, dignified conductor steadies himself in the train aisle, and looking over his spectacles, draws an unusually long strip of paper from the mileage book handed out. The train is really creaking up-grade again, brooks show deep down under trestles, the landscape is too green to be

true. A halt, — brakeman and conductor slip down rear steps, cross the track and disappear among some bushes, returning presently, hands filled with pink azaleas, sticky but how deliciously June-sweet! After the azaleas the wheels rumble with added confidence, "We're getting back, we're getting back, we're getting back to the country."

There is an expectant watching at every bend of the winding road. Some one signals from up front. "Look, there she is now!" and behind a rise looms Monadnock. After nine months of separation it is, "Home to our Mountain." Our hearts chime it as we roll into the country village.

Have you ever found yourself searching an old friend's face for traces of some struggle, through which the soul has passed? And marveling that so little is visible? In somewhat the same manner we fall to examining this country, which since our last meeting has known winter.



THRUSHES CHANTING THEIR VESPERS IN
REMOTE WOODS

Yet the four dwellings, the grocery, the station, the post office, that go to make the village, — except for looking a little smaller, or larger, a little more painted, or less painted, remain unchanged. The postmaster hurries out with his mail bag. The game warden's sons wait for the train to pass before resuming their baseball across the track. The trees are as luxuriantly decked, the brook tumbles through the gorge. And the mountain — but we must see her from our own hill! There only can we judge accurately.

Two miles beyond the village the sunlight streams suddenly through birch and pine making a bright opening in the road, — the opening to our wild lane. Tug, tug, pant, pant, it threatens to walk us straight into the blue sky. Blackberry vines stretch their hands in welcome; tansy, clover, buttercups, nod their greeting. Then over the top of ascending stone wall, through the splatter of orchard leaves, rises a sturdy blue shoulder and a head nobly poised. It might have been yesterday that we left Monadnock.

A mountain intent on affection and attention should never join the ranges. Though we see Green Mountains flowing in distant blue terraces to the west, and on fine days some member of the White family to the north, they are not household counsellors. To them we do not go for states of weather nor matters of direction. But, "Cap's on Monadnock," we say, "it's going to rain." "You can see the very bushes on the mountain-side; storm's brewing." "Oh, there's the mountain; we must be going south."

Thanks, pioneers, for settling on the hill tops, — uncomfortable though the causes may have been that drove you there! Here, by means of fires, they could signal to neighbors in case of attacks from Indians. So scarcely a hill-top about but bears its story-and-a-half white house like ours, or its cellar-hole, raspberry bushes, and clump of lilacs, mute evidence of there once having been such a house.



THE MOUNTAIN BARING HER HEAD TO THE FRESHNESS OF MORNING

Oh, how satisfying is the outlook: half the sky, circling hills, mowing, orchard, a glimpse of the lake rimmed by dark spruces!

"Wait a minute, old house," cries Caroline, "and we'll have your eyes unbandaged, too, so you can see it all."

Blinds flung back, windows high, she stretches and blinks in the sun, and draws a long, sweet breath. Out come mattresses and rugs. A pine cone shakes down upon the mat at my feet as though outdoors would renew its greeting with indoors.

"But what is going on up there?" inquired a city-dweller shortly before we left home.

"If you mean, do we have moving pictures," we answered, "why, yes, we do, in the clouds. And all outdoors is a picture gallery. As for music," we continued, "what would you say to thrushes 'chanting their vespers' in remote woods, and Nashville warblers, and catbirds, and brooks, and bells from the pasture, and crickets strumming their banjos?"

"All the same," he hated to yield a jot, "I should think you'd be lonesome."

"We might if we were going to New York, but you see we're going to Tramworth."

Yes, there is too great a spirit of neighborliness in our country to allow much loneliness. Every passer-by has "Good morning." When two wagons meet on the road the horses involuntarily stop. The market boy accepts the hospitality of our pump after perspiring up the lane with a heavy box. We have a community of interests; whether it is going to "fair off," whether a frost is coming, whose peas are first up.

I am reminded of what Thoreau says in his chapter on "Solitude." "I have a great deal of company in my house; especially in the morning when nobody calls. Let me suggest a few comparisons that some one may convey an idea of my situation. I am no more lonely than the loon in the pond that laughs so loud, or than Walden Pond itself. The sun is alone. God is alone, — but the devil,

he is far from being alone; he sees a great deal of company; he is legion. I am no more lonely than a single mullein or dandelion in a pasture, or a bean leaf, or sorrel, or bumble bee. I am no more lonely than the Mill Brook, or a weather-cock, or the north star, or the south wind, or an April shower, or a January thaw, or the first spider in a new house."

Not a day-lit hour can we afford to miss. As soon as we wake, up goes the curtain. For a moment we revel in this window-framed picture; the mountain baring her head to the freshness of morning, the orchard, every spear of grass atwinkle with dew. From the tip branches of the apple tree comes a rippling bird song.

We run out to the well to fill the water-pails, in that high, light morning air that has in it never a trace of aught but woodland and sweet fields. Barefoot, it is best, in the cold dew.

Who would exchange this for a faucet indoors or a kitchen pump? And thus miss the satisfaction of contact with this necessity? In the same way we enjoy better the crisp explosions from the

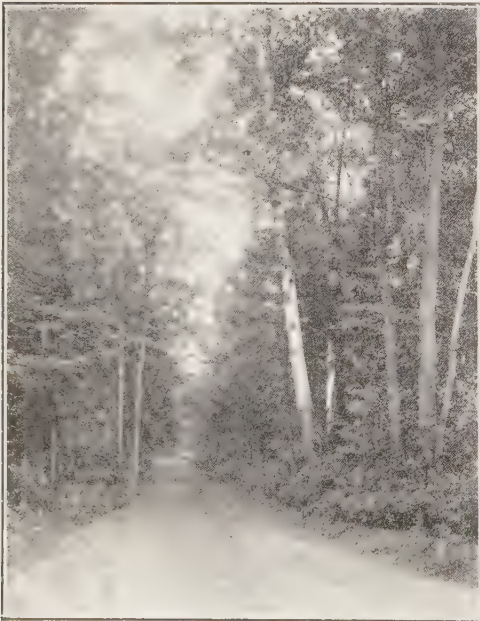
apple log, which we have tugged from the orchard, the milk capped with yellow cream from a cow with whom we have acquaintance, the basket of eggs warm from the nest and still wearing a soft reddish feather or two.

We lack song to express our joy; for this freedom and elation is something one cannot be quiet over. Snatches of opera, hymns, darky melodies, — too soon the repertoire is exhausted. But there is the rattle of a wagon on the road below. The milkman is coming. At the foot of the lane, under the mail-box, stands the beaded milk-can, and a shiny pail in whose sawdust fresh eggs are buried. It reminds you of long ago Fourth of Julys, when you used to sift the sawdust in a small oblong box in the hope of finding just one more red torpedo. Atop the pail is a sprig of pink rambler rose. It is the milk boy's "Good morning," or "glad to have you back." Yet never have I seen the milk boy. I have but heard the morning rattle of his wheels, and he, perhaps, my well song. And he sends roses after that!

It is agreed that we have all our lunches outdoors on pleasant days. Under the chestnut tree goes a weathered gray table. When not in use as a dining-board, this makes a study table. Surely, no outdoor study was ever more perfect. A woodpecker flies down to try the grubs on an apple tree near by. A chipmunk scurries nervously along the wall, curls his tail behind him, and between his two forepaws holds a toadstool, looking for all the world as though he were playing a drum. Across the lane waddles a fat gray-brown woodchuck, who settles on the warm stones for a nap. There is a sound. He stirs, sits up, paws drooping, listens for an enemy.

"Do you realize," Caroline reminds us, "that we have been here a week, and haven't seen anybody on the hill but each other?"

In reply to a card the butcher has left a brown paper parcel at the mail box, the milk boy has been with regularity, the



THROUGH COOL WOODS

rural carrier has faithfully deposited letters and yesterday's news. Yet these servants have been invisible.

"I want to see some one," says Caroline. "I'm going down to the village."

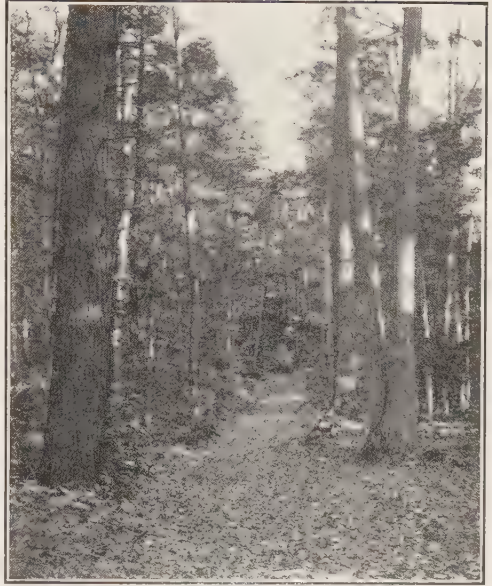
"Well, whom did you see?" we pounce upon her, "and what's going on in the town?" we demand on her return.

"Stephen," she digresses, "did we tell you how a girl was shot out on our corner just before we came away? We didn't know about it until we saw it in the Boston paper the next morning. But news isn't so slow in circulating up here. Some one has taken Chidester's place. And this morning Theron's butler made a mistake and killed a skunk in their kitchen. And in the post office I met George Wiswald with a smile so long I thought he'd trip on it. One of the city women had asked him to make a scarecrow to keep the woodchucks out of her garden."

One morning the spell on our hill is broken by a welcome clatter. Up the lane on a mowing machine drives Simon Titcomb, followed by a boy on a rake. They leave their dinner pails in the gray barn opposite the house and drive up into the hill mowing. Back and forth, forth and back, against the sky-line moves Simon's stooped figure. We catch fragments of his exhortations: "Hi there! Stop you! Git on, old beast."

With the farm being hayed, with five Rhode Island Reds in the generous hen house, whose entire front is open to outdoors, we feel more closely linked to the soil. It gives us a "landed" feeling to hear our own hens heralding their freshly laid eggs, to see them stepping about sedately in their search for grasshoppers. It brings us into sympathy with other folks to watch them scratching up the garden, and taking a dust bath close to the beans and peas.

Yet with five eggs in one day we have great reason to be thankful. When Simon Titcomb comes to spread hay the next day Caroline thinks he will enjoy hearing of our success. "Yesterday we



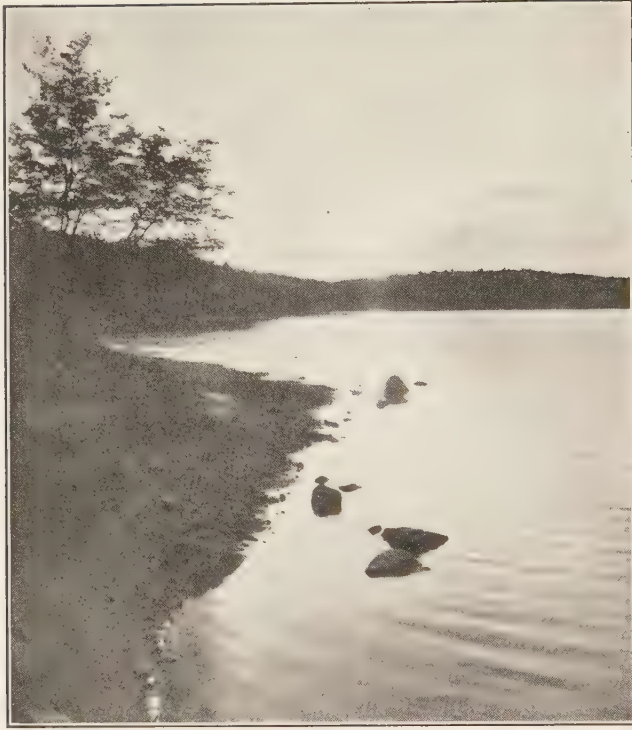
SCATTERINGS OF YELLOW AND BROWN LEAVES,
AND SMALL STONES WASHED DOWN IN THE
AUTUMN RAINS

had five eggs from the five hens you sold us, Mr. Titcomb."

Simon meditates a moment. "Did? Ding, I must 'a sold you the wrong birds."

This country, — ours by summer adoption, — does not wait in passive flatness to give her confidence to each newcomer. It is a land of lure and surprises. The hills are constantly hinting that they have something for all who will climb and stand upon their tops: a new relation of spreading forest, cleared green spots, little ponds, a distant village spire; far, faint ranges that give the eye invigorating travel; the guardian mountain, resting in superb blue. And the roads! Beckoning you up and down, through cool woods, over the brooks engrossed in their songs, by cellar holes, pensive with old memories, and pastures scented with pennyroyal. A road for every day in the week there is. More, if you count the many grassy roads, slipping off through the woods on errands of their own.

Like spring, the approach of autumn is so gradual you cannot tell the moment of her arrival. Thistle-down is discovered far out on the lake. Blue jays



THE SUN SETS EARLY; A COOLNESS STEALS OVER
LAND AND WATER

call. There comes a very bright day. At four o'clock the dew is heavy. At night the sky colors brilliantly behind dusky evergreens. Ere morning we have groped about and added all available bed covering. There is reluctance about leaving such snugness to stand on the cold floor to dress. The valley gardens have been bitten, the squash leaves hang limp and black. From the sun-flooded western windows, in the afternoon, you look upon a landscape out of which something has been lost.



TO PASS THROUGH VIOLENT STORMS AND BIT-
TING COLD BEFORE WE SHALL SEE IT AGAIN

Not that warm days have entirely ceased. Afternoons are frequently dreamy, languid. Crickets chirp lazily. The sunshine is dozey. Never has it seemed more grateful than when you come out of the lake and stand on the float drenched in it.

But here is another September day, haughty, brilliant, impudent of wind, like a vivacious person a trifle wearing. The blue jays shrill as they continue their plunder. Electric, heady days these are, not days for tennis and swimming, but days to jump fences and climb mountains and ride horseback. You feel very strong and very young. The air is washed with rain, starched with frost, hung to the vivid breeze. It brings a tug of triumph to your heart as your pony scrambles to some windy hilltop, his mane aslant in the breeze, then gallops madly away again through woods tingling with dashes of color.

Now is the time to carry a basket when

farther forth. Nearly every farmer's wife has some goody that will just fit into a basket. Pears, plums sometimes, shelled beans that she doesn't know what to do with, a handful of herbs to hang from the kitchen ceiling.

Morning after morning a hawk is seen circling above the orchard.

"If she's after our hen, she's going to get left," says Stephen, who is, by means of a lonely fast in the barn, preparing Binkey, our last Rhode Island Red, for the kettle.

We would not close our season so ingloriously as to surrender Binkey to this member of the Aerial Corps. For without gainsay the hens have done well. Six dollars was their purchase price. Five cents' worth of oyster shells the only additional expense. In return they have yielded four dollars in eggs, six in chicken pie and fricassée, and surely five dollars' worth of enjoyment. What we are now trying to figure is our debt to Simon Titcomb.

Mrs. Titcomb, herself, had fared less fortunately. She has lost thirty-five chicks at the claws of the hawk. That was previous to her designing of the scarehawk,—coffee tins cut, opened flat and hung on the orchard trees. The circular tops and bottoms and the rectangular sides catch the sunlight, and a dizzying whirl there is of metal, shadow and bright spot to alarm the marauder.

At last, they have commenced asking, "Do you stay some time yet?" "Do you make a long season this year?" "September and October are the prettiest months here." Alas, we know it!

"I'd like to stay all winter," growls Stephen. "Makes me ashamed to sneak up here when the weather's easiest, and soon as frost comes go slinking back."

The sun sets early; a coolness steals over land and water.

Mr. Titcomb has remarked that these are good nights to sleep. They are also admirable nights to remain awake cosily by your hearth. We drag in huge old fence posts, formerly chosen shelter of

the Rhode Island Reds. How the logs snap and crackle! As the flames ascend, the swallows in the chimney are set to chattering. With a pop that makes us jump, a red coal is spun out onto the carpet. Now for the apples and corn-popper, please.

These fall evenings bring a sense of security and an expansive feeling of plenty. In the cellar are neat, white-capped rows of jelly and jam. Pumpkins and squashes sprawl in carefree, jocund way on the back porch. Mint, catnip and savory hang from the kitchen ceiling, as they might have when the house was first built. There is a great shed stacked with wood, and the weathered, gray barn is fairly bursting with hay.

The village becomes more and more quiet. The white-skirted and trousered groups from the lake, wont to gather on Saturday evening to witness the incoming train, have vanished. At the station one last departing country visitor is having baggage checked, and trying to convince the shrewd, blue-eyed station-master that his box contains nothing but clothing,—a bit difficult in the presence of an ear of corn sticking accusingly from one corner.

Lavender asters in laughing groups troop along the margins of the roads. Golden rod is in every pasture. In what royal colors the season advances! There is a scattering of small stones, washed down in the fall rain, and yellow and brown leaves, "the russet, rain-molested leaves of autumn." All too soon we shall know how they look as they drop on glistening city sidewalks, that yawn miles deep beneath their wet surfaces. June, July, August, September have come with as much celerity as though I were paying on the installment plan for that desired set of Mark Twain.

Yes, "There's a whisper down the field where the year has shot her yield, And the ricks stand gray in the sun."

Presently the whisper becomes a voice, accompanied by the honk of the

automobile that has come to carry us cityward.

The early morning hush is still over all. As yet the hills stand out faintly, and the mountain is like light blue blotting-paper. As I pass the house, the blinds tied fast against the oncoming winter, a hard pain seizes my throat. "Good-by, old house, good-by."

The cool air sweeps past, as the heavy car slides down the wooded road to the village. The odor of kerosene-coaxed fires meets us. Thin skeins of blue smoke are pulled from the chimneys. The butcher is hitching up. It will be some time before we again smell coffee from the post office. Smoothly we flow on. Few vehicles are abroad at this hour.

We flash past lakes with red borders of maples, through woods lit by yellow trees. Road menders are at work. Children are on their way to school. Mothers stand in the doorway, waving good-by. Comes a whiff of doughnuts and evidences of pickling. Posters announce

a fair in a near town. Farm buggies are slowly moving thither, the drivers hoping, perhaps, to return with premiums for vegetables or stock or poultry. So on, down, down, down, from two thousand feet to sea level. Grape vineyards, the fruitful environs of Concord; stands under front yard trees display corn, tomatoes, grapes, pears, apples for sale. Men in the orchards are filling barrels. All the while the city is nearing, the country fades farther and farther from us, to pass through violent storms, biting cold before we shall see it again, unless — unless —

Caroline voices the unspoken longing. "I wish we could go back with our snowshoes at Christmas. There's wood enough to keep us warm, and — well, the fact is I left some sheets and two big jars of blackberry jelly in the upstairs guest-room cupboard."

"Bully for you!" grins Stephen.

And we settle down to drawing interest on another four months invested in country living.

A Temporary Widow

By L. M. Thornton

APRIL 12: — Already the new life, that is to be the old lived over again, is getting its hold upon me. This afternoon when I returned from my daily visit to butcher and baker and candlestick maker, sandwiched in between my short ribs of beef for a roast, and the imported olive oil that I purchase of a certain little Italian grocer in the far end of the town, I brought you, little brown diary, the very twin to the one I used to keep when I was only a girl clerk at Morris and Dane's. Next Monday I shall be back at the old counter again, for Harry has enlisted. We talked it all over, and I tried to keep the eagerness out of my voice as I told him of my confidence that they would take me

back at the store, and mother could look after baby Betty during the few hours I am at work. Ever since the beginning of the war the aviation corps has held a wonderful fascination for him, and I have known that only baby and I were holding him back. We have bought pretty things and desirable things, and I have reveled in the making of delicious dishes, but out of his really handsome salary we have no nest egg put away. That seemed to him a good reason why he must serve at home, and his work is really one that helps the government, but, at last, he is convinced, and in a few days he will be off at training camp.

I looked in the glass a few minutes ago, little book, and my hair has grown wispy

for lack of care and my complexion is sallow. Even a perfect 36 can't afford that. I wonder if I've been letting myself go and getting slovenly? Has Harry noticed it? Baby Betty wouldn't care if I looked like our scrub lady, but she's just a baby and a blessed girl baby at that.

April 15:—Harry left last night at 6 o'clock, he kissed me quite lightly, and as though he were only going to the office for the day, but he held Betty close against his heart for what seemed to me an eternity and his face was like marble as he set her down. I had not thought the parting would mean so much to him, —I had not realized how devotedly he loved her. Men are strange creatures, and, perhaps, women too; I felt somehow a little hurt and saddened that his last kiss, his real heartbreak was for her and not for me. Is it so strange that mothers are sometimes jealous of their own daughters—the beautiful, laughing creature, in whom they see the self they can never be again!

I thought I was going to be the old Marion Briggs, née Mrs. Harry Brown, when I walked into the Morris and Dane ladies' cloak and suit store this morning, but somehow the selling of goods didn't seem quite the one big thing in life that it used to. I kept wondering if Betty was willing to take her nap in a strange house, and whether Harry would remember to button up his coat if the wind blew. An hour before quitting time I wanted to be preparing the vegetables for dinner, and making a new salad, after directions I had memorized from my favorite magazine. There wouldn't be any one to eat salad though and, out of pure self pity and because I couldn't cry, I sold Mrs. Eleazer Jones, who has a tomato complexion and grizzly hair, an evening waist of soft blue silk that should have gone to a Venus de Milo, that is, of course, had she worn clothes.

April 16:—Today was a trying one at the store, and I am too tired to write tonight. I shall just take Betty, blessed

baby Betty, and creep into bed to dream of trenches, and guns and German prisons and a play widowhood that comes real. I think I should get along better days if I did not dream nights.

April 17:—Betty clung to me and cried this morning. Her grandmother says she is a spoiled child and needs spanking. I almost wish I had hired a nurse girl to care for the precious while I am away, but I thought that mother, having raised six of us, would know just how to manage a loveable, but mischievous little girl. They don't seem to get along though. I remember once mother boxed my ears; I have read that to do so may cause permanent deafness. I should never forgive her were she to box Betty, but, oh dear, what am I to do? When Harry went away I felt so sure that I could "pack all my troubles" and responsibilities, and life would be the life of my care-free girlhood once more, but one never goes back, little book, and I'm just realizing how happy I was with my cooking and dusting, and Betty and Betty's daddy. Will the war ever end?

April 18:—It was a long, rainy day, and there were few customers. The girls gathered together and talked of dances and beaux. I thought I must be getting old and a back number and out of the good times of the world, when a much worse thing happened. The floor walker came over to my little corner of the store and asked if he could come up to see me tonight. I remember how I used to have to snub him to keep him from growing impudent, and I never dared tell Harry for fear he would pick him up and spill every ounce of his jelly-like body over the pavement. He had the impudence to tell me he understood I was unhappily married, and he naturally thought I came back to Morris and Dane because I could not forget the attention he had shown me. I tried to be emphatic and hateful, but I feel sure the fellow thinks I am only pretending, and as he is now next to the junior partner in authority, I see breakers ahead.

April 19:— Betty is sick. In all my plans I never dreamed such a thing as this could come. Her grandmother says it's worms, but she has a high fever and a cold, and the little boy next door told me she slipped out yesterday afternoon when mother was busy, and was playing in the snow water in the gutter. Poor little baby, one family is quite enough for any one woman to raise, and I'm going to hire a nurse girl, one who will obey my orders and take just the care of Betty that she has always had. But where am I to find her?

April 20:— I am weak and there is a big lump in my throat and an ache in my heart. Betty grew worse last night, and at 12 o'clock we called the doctor. Only a bad attack of croup he says, but she is so white and still today, and he could not promise me that it would not come on again tonight. For an hour we watched over her, just the dear old doctor who first welcomed her into the world and I. I know I acted more like a spoiled child than a woman, but I missed Harry's cool confidence, his arm to lean upon, his voice to comfort me. Once when she choked and it seemed that she must prove too frail for the battle she was waging, I called myself a murderer. Harry would not have gone but for my encouragement. He was doing his duty quite as usefully here. I had failed to live up to my privileges; I allowed myself to become dull and a little weary of the monotony. I welcomed the chance to go back into the realm of my girlhood. Now I understand. I shall never go to the store again. I have sent them my resignation. Harry's pay will buy just the necessities of life, and we will wait for him, Betty and I, loving each other double until daddy comes home. Will he be broken in body and spirit? Will I never again hear his laughing praise of some culinary treat. The one thing I

love is not the selling of pale blue gowns to tomato-faced ladies, it is the making of light cakes and savory roasts, and vegetable triumphs that are fit for the king's table. I am a woman and I want to do a woman's work; can it be that in trying to set the clock back I have set it ahead, to the days when only memories and regrets are left?

April 21:— This is Sunday, and the birds are singing and the world is a wonderful world. Betty is better — is quite herself again, the doctor says, and my nightmare week is past, never to come again. They rejected Harry because he failed to pass the physical examination, and he telegraphed to ask me if I thought he had better try to get into some other branch of the service. I could not think of any argument, so I just wired, "Come home — Come home — Come home quick." He will understand, for he always understands me. That is the blessed thing about him, but how it must have hurt him to understand that I was willing to have him go. I'll make up for that hurt, if trying all my life to show him how much I want him, how much I need him, can make up for it. What a dinner we will have tomorrow! all the dishes he likes, and a new one that Betty shall name (we always do that and the Betty dishes are sure to become favorites).

April 22:— This is the last time I shall ever write in you, little book,— Harry will be here in an hour. Good-bye girl life that was to be. Good-bye, and never again! One doesn't go back to starlight after the sun has risen. Sometime, if I ever find myself letting my hair get wispy, and my complexion sallow, I'll fish you out just long enough to remind me to take the best of care of myself, not to get in a rut, to remember, every hour and every day, that I am blessed above women in having escaped with but one week of experience as a temporary widow.

Community Kitchens

By Ladd Plumley

IN one of his essays on the North American Indian, Parkman, the great historian, tells us that in many of the tribes which inhabited the middle and eastern states, as well as in those that lived in eastern Canada, the practice of family cooking, the preparation of a separate meal for each family, had been done away with way back in the remote dark ages of Indian domestic economy. All the squaws of that portion of the tribe which constituted the encampment or village would gather together and decide what should be the menu for dinner or supper. The food for the entire encampment was then washed, prepared, and cooked *en masse*. The saving in labor, in food, in fuel would aggregate for a month or year something prodigious, considering the number of people for whom the meals were prepared.

Perhaps civilized man can learn many things from the sturdy aboriginals, who sparsely peopled America, and who had many customs which are well worthy of imitation. Among the Indians the struggle for existence was probably not anything like as strenuous as among the workers in our manufacturing centers, and this naturally led to a desire to make life even more easy. For the most part, Indian life was filled with interesting adventures, and, in the main, until the white man brought the European diseases of civilization, the warrior and his family enjoyed a degree of immunity to disease that is to be envied. There was generally food in plenty, and an abundance of warm clothing. And what, with community cooking, as practiced by the Indians, there can be no question that the squaw had more leisure and less anxiety than the household squaw of an East London or of an East Side tenement in the city of New York. Surely co-operative cookery is the only rational and economical cookery. Suppose that,

in an Indian village or encampment, every squaw had prepared a separate meal for her lord and her little ones. Think of the multiplicity of cooking utensils required in a tribe! Think of the extraordinary consumption of fuel, as compared with what was used for one great cooking fire, where the meal was cooked in its entirety for the aggregation of families that constituted the Indian village!

We are not told that an Indian meal was always eaten at a kind of Indian picnic. It seems more than probable that every squaw took from the common pots and pans, and from the buck, which was frequently roasted whole, sufficient for her warrior and children, and that the little family sat down in their wigwam and ate their meal by themselves. Surely we can learn a mighty lesson from the North American Indian in this matter of community cookery.

While I type this article, the edict goes forth to close down most of the business places and factories of eastern America, in order to save in the consumption of coal. Suppose that, instead of this, in something like two million tenements, dwelling houses, and apartments in New York and vicinity alone, not to speak of the remainder of the country, the Indian mode of co-operative cooking had been adopted. Suppose, for example, that instead of boiling, in millions of homes, a petty mess of vegetables, these vegetables were boiled by the hundreds of barrels in community kitchens. Suppose that, instead of preparing petty bits of meat in ovens of millions of cooking ranges, and the broiling of other millions of bits of meat under millions of broilers, that all this meat was cooked by the ton in community ovens. The saving in fuel alone is so vast that the saving in such expedients as have been deemed wise for the conservation of coal,

and have been put into operation, is petty in comparison.

I can imagine the amazement of a visitor, say, from one of the islands of the Milky Way, who was investigating the political and domestic economy of the dwellers on the earth. And let us suppose that the visitor could look through the roofs of all the dwelling places in one of our cities.

"Do you mean to tell me," he would say, "that in this block of dwelling houses and apartments, that for every two, three, and five people a woman is cooking a separate meal? Why, in this block of buildings, and at five o'clock this afternoon, there are as many pots of potatoes boiling as there are dwelling places! In the name of Solar Sense, Mr. Worldman, why don't they cook all the potatoes for the folks in this block of buildings in one vast pot? And if they did, in even one of these individual tenement houses, think what a saving in toil, in materials, in fuel! Go to! If this is the best system you folks on the earth have devised for cooking your potatoes, I need not investigate further. People who have not yet learned how to cook their potatoes are not worthy of imitation in other things."

In the apartment house where I live, in the upper portion of New York city, there are twenty separate family apartments. As I come in from my walk in the late afternoon there are twenty cooking ranges, all sizzling and preparing the evening meal, which is dinner in New York. On the different floors, as I pass the various doors, my nostrils frequently inform me that at least one family on every floor is to have steak for dinner. Let us suppose that in my building there are only five families who have steak on the same evening. Doubtless every family buys something like three pounds of steak. That makes fifteen pounds in all to be cooked. And even fifteen pounds of steak could be cooked with a saving in fuel, to say nothing of the savings in labor, of probably anywhere

from one third to one half. But let us suppose that it should be arranged, as it easily could be arranged, that all the twenty families in my apartment house were to have steak on the same evening. And suppose that sixty pounds of steak were purchased, and that the steak was cooked under one great broiler. Can it be doubted that the cost of the steak would be far less, that the steak would be far better, and that the saving in toil and in fuel would be correspondingly large?

This, of course, means a revolution in kitchen management, but unless we have a revolution in buying provisions and in the preparation of provisions, the cost of food will continue to be so great that the family of the average worker will not be sufficiently nourished. In the end, co-operative cookery, on a vast scale, must and surely will take the place of our present wasteful and extravagant methods. And we can see evidences that in this country a revolution in family cookery is just about due.

Great revolutions do not generally make upward through the masses of society; on the contrary, the tendency is to proceed from the upper classes downward. This is what is to be expected, for revolutions are begun, not by the ignorant, but by the educated. Our separation from Great Britain did not begin with the workers; it began with the colonial aristocrats. The terrible French revolution did not permeate from the lower strata of the French peasantry upward. It was conceived and was brought into existence by the very men who, as French aristocrats and royalists, were the first to lose their heads under the knife of the guillotine. And a revolution in American cookery has already begun on the part of those who can easily afford to indulge in present-day wasteful methods. The modern family hotel, which is patronized mainly by the wealthy classes, is a form of co-operative housekeeping and community cooking, and the modern family hotel is the fore-

runner of the coming kitchen revolution.

But on a petty scale, it is true, already the actual revolution has begun. In Montclair, a suburban town to New York, housewives have been trying out the plan of community kitchens, and it has proved a great success. And on the lower west side in New York city prominent society women have inaugurated community kitchens and co-operative cookery.

If co-operative kitchens were established in any village, town or city, as has been suggested, it would not be necessary that those who were customers of the public kitchen should eat together in a vast mess hall. To do this would destroy the basis of American life — the privacy of the American family. As has been stated, it is doubtful if the Indians, except on gala occasions, ate in common; and with their food cooked in community kitchens, every family could still enjoy the same privacy as at present.

Let us imagine a village, town or city where community kitchens and co-operative cooking has been established. Instead of doing her marketing as at present, going from store to store, buying a bit of meat here and five pounds of potatoes there, with a list of things from the grocer, the housewife goes to the office of the community kitchen. There she gives her order for the next day, or, if she prefers, for several days in advance. A duplicate of her order is handed to her, so that she can be certain that the order is filled. If she prefers a cash basis for household expenditures, she pays the cash and takes a receipt. That promptly ends her labors. But if she loves to potter in the kitchen, as some women naturally do, there is nothing to prevent her from adding a dish of her own making to the meals. The point is, however, that she need not do this unless she wishes.

At the time set for the delivery, the bell of the apartment dumb waiter informs the housewife that the boy is below

with the breakfast. In air-tight food carriers are the dishes for breakfast that were ordered, and everything is as hot as if just off the stove. The coffee is fairly boiling, and in a vacuum-protected receptacle.

In fifteen minutes or less the breakfast is on the table. Afterward there are no cooking dishes to be washed, for a man appears at ten o'clock and gathers in a great motor all the containers which that morning were distributed. These will be washed in immense steam vats, hundreds of them and all at once.

Luncheon and dinner are provided in the same manner. The housewife can delay her stay at lecture, calling list or bridge so as to return home some fifteen minutes or so before the time fixed for dinner. I have said nothing about servants. If desired, there are no servants, for with such a plan as has been described in operation, there would be women who would go from household to household and in a few hours do all the things that were necessary. Or, in some cases, the housewife and her daughters would take on themselves the relatively light tasks.

An idealistic dream? Not at all. Just the adaptation of the mechanism at present in full working order to that part of the household which, as yet, has had hardly any attention whatever on the part of inventors and scientists. All this vast relief to the household, the passing of the disagreeable smells of cookery, the elimination of the confusion of the kitchen, the ending of the endless labor of the housewife, and, as the resultant, an enormous saving in food, in time, and in fuel!

The visitor from the island of the Milky Way would eat one of these dinners, would examine one of the vast kitchens, where the head chef received a salary like unto the salary of the head chef in a metropolitan hotel. The visitor would see these things, and he would learn of the methods that had been practiced by civilized man since the time of the Romans and long before.

"Do you mean to tell me," he would ask, "that while men have been giving up their lives for the emancipation of themselves and others, while they have been pursuing the dream of universal liberty for all mankind, have been inventing machines that can fly amid the clouds, were encircling the earth with messages that travel through the air, have managed to solve the problem how to harness rivers to the work of their shops and factories, have brought down the lightnings from the sky to illuminate their public halls and their homes, — while, I say, you earth men have been conjuring all these wonders, you have so forgotten women and their drudgery, that for nineteen long centuries, and, indeed, since the stone age, the woman has cooked

a meal for every family, notwithstanding the fact that in modern times there are frequently fifty families under one roof?"

"Even so," would reply the earth man. "For, you see, earth men have been so blinded with the thought of their own labors and their desire to make these labors less, that they have given but very little thought to the labors of women. And, besides, my dear Milky Way fellow, you must remember that until very lately women have had far less to say in civilized countries as to the running of things than had the squaw in an Indian village at the time that Pocahontas put down her moccasined little foot and threatened that she'd make it hot for her pa, if he did what he had said he was going to do to Captain Smith."

Making Breakfast Count

By Emma Gary Wallace

BREAKFAST is a subject of interest to people numbering into the hundreds of millions among English-speaking people alone. It is a meal of much greater importance to everybody than is usually recognized, unless, indeed, it be to the negligible few who for some reason or other follow a no-breakfast regime.

Breakfast should be more, *much more*, than just coaling up the human engine for the start of the day's journey. A street lunch-cart can do that, but it is powerless to soothe our souls with dainty appointments, to send us forth into the world comforted and soothed with a sense of well-being, born of the cheerfulness of appointment of the home dining-room or breakfast room, or to make us feel in every fibre of our being that *Life and its good things are for us as well as for others. And we can have exactly the measure of success our own efforts and ability and will power merit.*

If every experienced housewife and

eager young bride realized what a mighty factor breakfast is in the family *happiness* and *success*, she would spare no pains to have it right, absolutely right, in every detail.

The *breakfast that counts* must do more than merely satisfy our animal hunger. It must assemble before us in appetizing form the foods which will make for adequate nourishment without digestive tax, and for mental alertness without the heaviness of repletion. While a breakfast served on an oil-cloth covered kitchen table may do this, yet it will never urge us to high achievement, fire the imagination, nor kindle far-reaching ambition. The breakfast that counts, feeds the body; encourages a feeling of well-being and contentment; and develops refinement, discernment, initiative, and a determination for ultimate and worthy success in any undertaking in hand.

It should send the business members of the family forth with a new and high courage, and inspire the home-making

members with the importance of their tasks. Oh, breakfast counts! If you doubt it, breakfast with a hundred individuals who are failures, a hundred who are plain mediocre, and another five score who are among the world's leaders. Elaborate meals are not essential, but *well-cooked, nourishing food, right service, and pleasant surroundings are.*

Snow-white linen, shining silver, dainty, unchipped china, and sparkling cut glass, have a greater value than that of mere decoration. They actually influence, by their standards of refinement. They speak of culture and big, fine success. Pull may put us on the top shelf, we are told, but it takes ability, ambition, and will power again to keep us there. If our ability and ambition are to be developed, our will power must be trained to demand and insist on the best there is in us; and will power will direct us along the pathway to success in life, if we live in an atmosphere of courage, hope, and success itself.

Such is the law of suggestion, that we are influenced more, much more, by our environment and atmosphere than we realize. If we live amid poor surroundings, we inevitably think poverty; if we surround ourselves with successful people and the outward symbols of success and progress, we attract those very elements by our longing and desire to merit and possess them.

It is a mistake to array the beautiful table articles we have accumulated on the shelves of the china closet or cupboard, to be used only when there is company. There is no truer saying than "There is an economy which tendeth to poverty."

If the wife and mother would have more talent, strength, influence, or treasure, let her use what she has, giving her family the inspiration of the best. Many a home-making mother feels that she likes to have some things in reserve with which to honor a visiting friend, or specially invited guests. This is a legitimate desire, just as we all wish to have some garments which do not show the marks

of everyday use, but let us not reserve these things wholly for visitors. There are birthdays, anniversaries, and special days to be honored in the home circle, and the memory of the extra touches given by mother on these occasions, will be carried down through many a year.

Occasionally, get out the cut-glass cream jug and sugar bowl, with their deep, strong lines and rich patterns. Use the exquisite crystal-clear marmalade bowl, which must be handled with care, even if you have to wash and put it away yourself. Let the fine, strong lines of the water jug or pitcher, and its accompanying glasses of quality, speak of integrity and power, and courage and vigor; of good things yet to be enjoyed.

In one home where the young people were careless about their grooming, finger bowls were introduced and used every day. Gradually a nicety of refinement was noticeable, which spread to the manners of those young people as well as to immaculateness in their personal hygiene.

In another home, a great, splendid fruit bowl, with a design of rare elegance, had been used but a couple of times. Its value was only that of an ornament. Then the mother woke up. On Sunday morning she placed it in the center of her table filled with the season's choicest fruits. She made up her mind to celebrate every Sunday morning breakfast by its use. Of course, the specked oranges and stubby little bananas were put aside for a salad, for only perfect supplies could go into so beautiful a container. The young people contrasted the fruit bowl with the everyday glass one, from a bargain counter, and they soon learned the difference between lead blanks, which lend themselves to glass cutting because they are of an elastic nature with a metallic quality, and lime blanks, which are brittle and of less expensive materials and must be pressed into shape. They took delight in studying how the patterns of fruit and foliage were worked into the glass, and began to

appreciate, for the first time, the careful and painstaking hand-work necessary, the skill of the worker, and the expense it entailed.

Susie loves jelly on her bread, and it is good for her, too. Perhaps her rather fitful appetite will be tempted by using one of those dainty, little, sparkling nappies instead of the commonplace saucer. Susie is going to be grown-up and away from home one of these days, and the days go by so fast, even now we are longing to hinder her flight. When the time comes for us to sit alone and remember the opportunities which we have missed, — the things we have kept for the occasional guest will be Dead Sea Fruit. Let's use our treasures when they will give us and those we love pleasure, and when using them will really count. Later, when our fledglings have grown and flown from the nest, they will be just "things," and they will rise up and cry "what are you going to do with me — and me — and me? We could have helped you to joy and, perhaps, prosperity, too, had you not been so stingy of us. Now it is too late!"

Unconsciously, but surely, the standards of the breakfast service especially, the dining-room appointments, and the innate fineness of the family courtesy, will rise up "to meet the nobleness that in others lies."

Let us relegate the hurried, careless breakfast to an outgrown past, and emerge into the sunlight of the type of a meal which will start the day aright by heading us straight toward the goal of our cherished ambitions. It matters less how fast we are traveling than that we are headed in the right direction. Right about face! Let us use the best we have sometimes for those whom we love best, remembering that the home atmosphere is created, in part at least, by its appointments, which express in a measure our standards and ideals.

Let us remember that the right kind of a breakfast starts the workers out ready to be pleased, and to please others, and that the wrong kind of a breakfast will start the day askew, and so, perchance, warp the success and happiness of many a day. Oh, yes, breakfast counts!

The Call of Spring

Don't you wish that you might see
Spring peep out behind each tree?
Don't you wish that you might hear
All the brooklets shouting clear?
Don't you wish that you might be
Free to follow them — like me?

Four walls, four walls —
Ah, but brooks in shadow glisten!
Low, soft, Spring calls!
Listen — listen!

I had once a heavy room,
Gray as yours, and filled with gloom,
And it clutched me, tried to keep
All my youth in dusk asleep.
But I heard Spring calling me.
Free I wander, free, free!

Four walls, four walls —
Ah, but brooks in shadow glisten!
Low, soft, Spring calls!
Listen — listen!

Mary Carolyn Davies.

Soup!

By Kate Hudson

THE bright spring-morning sunshine a-pouring down over the village well—the two women drawing water, and gossiping fast and furiously the while—streamed across the wee hit-and-miss cobbled marketplace, and down the poplar bordered country road, to find itself reflected in the dancing brown eyes and the one remaining brass button of a man slowly walking into the town.

Faded as to clothes, tanned as to features, straight as to figure, this man, when abreast of well and women, halted, and after closely scrutinizing the pavement, pried from it a good-sized stone; after carefully "hefting" it in one hand, then in the other, he discarded it for another and yet another bigger, rounder, smoother one, which with a civil "your pardon, mesdames," he doused under the well-spout till it was clean as a whistle.

The two women had stopped their chatter to look on. "And what, my friend," asked the one, "can you do with *that*?"

"Not much, I fear me," admitted the man; "but had I a skillet, and a mere handful of fire, I'd make myself a very *excellent* good soup of it."

The woman glanced at her gossip and raising her eyebrows shook a compassionate head. "Cobble-stone soup will not be any too nourishing," said she; "but *I'll* lend you a skillet."

"And *I*," the other woman chimed in, "will, for an hour or two, let you use my hot brazier. *There* it is, just inside my kitchen door—the small, grey house, there under the linden trees, is mine, my friend—and Nanon's skillet which I borrowed from her yesterday, when I had a houseful of guests, stands right beside it."

The man fetched pot and stovelet and set up his kitchen-hearth close to the well. "A thousand thanks, mesdames,"

he bowed; teeth, eyes and the one brass button flashing radiant gratitude. Filling the skillet and setting it on to boil, he once more took up the stone. "Believe me, ladies," he gloated, as he patted and stroked its generous dimensions, at the same time politely nodding to the elderly female, with a huge bunch of greens, who had just joined the group; "with but just a suspicion of some savory seasoning-herb my soup will be fit for a prince."

"Here then, my son," laughed the newcomer, holding out a big clove of garlic, with which the man gravely and very thoroughly rubbed the stone round and round, and round once more, before he lowered it into the near-bubbling water.

After watching him a while, where he sat cross-legged on the ground, serenely minding his cooking, the three women walked away, to separate at the cross-roads. Each woman telling every other woman she chanced to meet—with motion, and with backward pointing thumb—about the "funny fellow, over there, who's making him a soup out of a paving-stone." And, of course, every woman thus made wise, immediately rambled down to the village well to have a good look at him.

"Alas, my brave one," said the first one to reach him, "your soup smells a bit thin."

"It does *that*," sighed the soldier—for soldiering seemed to be his trade—"a potato or two *might* thicken it somewhat."

"Why, if you like potatoes!" heartily agreed the visiting lady, taking three from her market-net, "but how will you peel 'em?"

"Thus, kind lady," smiled the man, producing a clasp-knife with which he cleanly peeled and neatly diced the potatoes; standing up at attention, as a buxom girl, on her way to the chicken-

yard with a platter heaped with kitchen-leavings, stopped and peeped into his skillet, as he slid the potatoes into it; "I don't like soup unless it makes eyes at me," she giggled; "so, unless your soup has fat-eyes on it, you needn't invite *me* to help you eat it."

"Alas, alack;" grieved the soldier; "but without a bit of bacon-rind, or *some* such tidbit, my poor soup will have no eyes for *any* one!"

"There must be," mused the girl, stirring her finger through her plateful, "some bacon-rind in *here*. Hold! here are three, and behold a fourth one with a goodly square inch of bacon clinging to it. Catch if you can!" and throwing him the bits of meat she crossed the road in such haste that the small boy who was clinging to her skirt stumbled and spilled a good quarter of the salt in his pannikin, which he tried to scoop up in a grimy little paw, to put back.

"Don't stop! don't stop a *minute*!" shouted the girl, stamping an impatient foot. "Come along, Armande! the sheep 'll have to do with a bit less this morning; *immediately*, I tell thee, Armande!" and as the urchin, whimpering and hanging back, reluctantly obeyed, she added consolingly: "You want to leave *him* something for his stone-soup, don't you?"

"Now, *that's* a good idea," mused the soldier, looking after them, "a very good idea! I was just wondering where —," and he scraped up the salt with his clasp-knife and transferred it to his bubbling soup. "It does really begin to *be* soup; I wonder —," sniffing around the roadside weeds until he came across a little bayberry bush, from which he tore three leaves which he washed and tossed into his skillet. Then, vaulting over the stone wall around a neighboring

field, he sniffed around some more, finding a fresh leek and a wisp of faded celery, both of which he washed, shredded and added to his kettle.

Ten minutes later he walked down the road up which he had come, turned to the northwest and, cupping his hands around his mouth, in voice of thunder, bellowed out: "Soup! Soup!" and directly after, in lower tones, invited the three young men in khaki, who came forth from the woods, to "come along and see whether what I have made *is* soup or wish-wash."

"*Smells* good," called out the first young man, sniffing the air, like a war-horse, as he came near the brazier.

"Sure *does*," assented the second one, taking the cover from the skillet and peering down into it.

"*Smells* nothing! *Smells* don't count," growled the third one, standing over the brazier and taking a tin cup from his pocket; "the proof of the pudding, etc. Let's taste the stuff," and he dipped up and filled each man's cup as he produced it from the skillet; "here's looking at you!" and he tasted gingerly and then drank deep of the soup while the soup-maker regarded him a bit anxiously.

"It really *is* soup, and really most as good as the potato soup they give us at mess," was the verdict, while the other two lads stroked their khaki-covered tummies with loud "yum-yums."

"Hurrah!" shouted the one who had made the soup, "and now, will you be good, and *didn't* I bet you, *any* old one — if he but went about it right — could make soup out o' paving-stones in this wonderful, glorious, pottage-supper, soup-making climate of France?"

"You *did* both," answered the soup taster, and putting his hand in his rear coat pocket he drew out his wallet.



Easily Prepared Winter Refreshments

FOR ANY INFORMAL OCCASION

By Julia Davis Chandler

Jellied Apple

Soda Crackers Cheese-carrots
Oatmeal Macaroons Cheese Nutballs
Pfeffernusse (Spice Nuts)
Tea with Cream or Lemon

THE jellied apple is made by slicing apples very thin indeed, and packing them in earthen bowls or a deep dish with sprinklings of sugar between the layers. Bake very slowly until the apples are deep colored and tender; turn into a bowl to become jellied. The bowls or deep dish in which the apples are cooked must be covered close. Grated lemon or orange peel may be added, if liked by all; or a piece of a vanilla bean may be cooked in the apple.

For the cheese-carrots roll some nice pimiento cheese or rich orange-colored dairy cheese into the form of tiny carrots; in the top stick sprigs of fresh parsley to simulate the foliage.

The cheese nutballs may be made of similar cheese or else the Dutch or cottage or Neufchatel variety. Moisten with a little olive oil, lemon juice, and add red pepper; you may like a little salt also. Roll in small balls and then roll the balls in chopped nuts. Nuts crush if put through most grinders; it is better to chop them with a sharp knife.

Soda crackers are, of course, to be purchased; if in the South, use instead the familiar "beaten biscuit."

Oatmeal macaroons may be made at home by any of the recipes now in circulation. They are very nice when made with a cheap sponge-cake batter, one egg or two and some baking powder, then thicken the batter with rolled oats until stiff enough to "stay put" when dropped on the baking tins. Several

spoonfuls of thick orange marmalade improve these oatmeal macaroons. Be sure and make them quite stiff and use less sugar when marmalade is added to them. They are nice spiced, or a few nuts added with the oats, which taste like nuts when so prepared.

Pfeffernusse (spice nuts) are made by the big biscuit companies and are on sale at most grocers. If made at home try this excellent foreign recipe.

Pfeffernusse: One pound of flour, one pound of sugar, either granulated or pulverized, four eggs, a tablespoonful of ground cinnamon, and half a tablespoonful of clove and the same of allspice. Add a little salt. Grate in some fresh lemon peel, and, on a coarser grater, grate some preserved citron peel. If slivered, as for cake, it would not roll easily; for these cakes are rolled in the hand like marbles and dropped on an oiled pan for baking. If you have any preserved orange or lemon peel for holiday puddings and mince pies, it is very nice to use some of that, grated like the citron, in these little pfeffernusse or spice nuts.

Anisé, coriander or caraway, always ground fine, may be added, if liked, in place of the ground peels. Allow room in pan for them to spread in baking.

When eggs are high, use a little cream or milk in place of part of the eggs for moistening and rely upon the baking powder for lightness.

Choose a Ceylon tea for those who like cream, and an orange pekoe, or Chinese oolong, for those wishing lemon. A maraschino cherry and some of the liquid from the bottle added make a fine addition to a slender glass of hot tea for evening refreshments.

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OF

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Sworn to and subscribed before me — a notary public —
the 29th day of March, 1917.

(Signed) HERBERT B. BAILEY.
My commission expires August 30, 1923.

ENTERED AT BOSTON POST-OFFICE AS SECOND-CLASS MATTER

War bread is mentioned in the book of Ezekiel. It contained barley, beans, lentils, millet and fitches. The injunction was: "Put them into one vessel and make thee bread thereof."

We have no intellectual right to be ignorant when information lies at our hand, and we have no spiritual right to be weary when great moral issues are at stake.

—AGNES REPPLIER.

OBSERVE DIRECTIONS

FAST days and saints' days never just appealed to us. We recall the irksomeness of the old-fashioned colonial Sunday was due largely to the upset in the order and character of the Sunday meals, rather than to attendance at Church and Sunday school. We were glad when Monday came, and with it regular and customary mealtimes again. Now, while many people may not take kindly to the present meatless, wheatless, sugarless days of our present culinary restriction, they surely will co-operate with the food administration and keep the rules and directions in spirit and in truth. The spirit of conservation is in the air, and it will be strictly observed throughout this land.

Meat, wheat, fat and sugar are needed by our allies abroad. These items in abundance must be shipped abroad. Americans can look out for themselves, and make use of other kinds of foodstuffs no less wholesome and nourishing, perhaps, until new and larger supplies of all kinds can be provided for.

"The food administration tells us what foods we must save to provision ourselves and our allies; it tells us how we can stretch our supplies so every one will have enough—without any hurt to health or strength.

"The government does not ask us to give up three square meals a day—nor even one. All it asks is that we eat less of the foods we need to keep the armies going, and eat all we want of the other things that we have in plenty.

"Eat plenty—keep up strength, health and vim, with the thought constantly in mind that America and her allies must not run out of Wheat, Meat or Fats."

DISCREDITED

NO satisfactory reason has ever been given why the German language, or any other foreign language, in fact, should have been taught in the public schools of America. When we think of

the time and money that have been wasted, and worse than wasted, in this misdirected line of instruction in our schools, we feel that our own self-condemnation can not be too severe. Granted that in private schools and higher institutions of learning, the case is quite different; here the end to be attained is somewhat specific, or professional, and the courses of study are more or less elective. But in our public schools it should quite suffice, it would seem, to teach well the English language—to qualify and fit our youth to act well the part of American citizens, the sole object, end and aim of all public school instruction. According to recent educational reports and the testimony of experts, this prime matter, the teaching of English in our schools, at present is none too good, and the results attained are by no means to be highly commended.

However, it appears that Germanism is rapidly losing its hold in this country and, at any rate, the study of the German language must go out of our public schools. It never should have been set up there. From the *Philadelphia Record* we clip the following paragraphs:

"German education has been found out. It has been proved to be pagan, immoral, grossly materialistic and brutal. The German professor has shown what sort of a man is produced by the intensive training of his mind, and the utter obliteration of his moral nature.

"German will have to come out of the schools, or the German courses be entirely made over. For twenty-five years the pan-German league and similar societies have been working through their agents in this and other countries to get German into the curricula of all schools, and then to use the German instruction as a means of propagating Germanism, kaiserism, militarism, materialism, paganism and contempt for international law and humanity. This has been found out, and the German text-books will have to go. But, hereafter, there will be very little occasion for learning German."

An editorial in the *Yale Alumni Weekly*, an official deliverance by Yale University, says:—

"One result, which we devoutly trust will come from the war, is the final emancipation of American universities from the sixty-odd years of intellectual thralldom which they have been under to German educational standards. We have long been in serious danger in our universities of becoming enslaved to the German intellectual methods and of finding ourselves work for their scientifically specialized, though soulless ends. . . . The soul was left out of the German higher education, as it has been left out, because of that, of its attitude toward the rest of the world in the last three years. From now on our universities can inaugurate a made-in-America professional education, which will be in key with American (and by that we mean Anglo-Saxon) life and progress."

TO TEACH COOKING TO COLLEGE GIRLS

ACCORDING to a recent news report from Washington, "the girl students in six hundred American colleges are going to knead dough instead of nibble fudge. Cooking classes for women students are being started in all colleges and universities throughout the country. A total enrollment of 100,000 women is expected.

Model outlines of these courses have been mailed by the food administration to all colleges with women students.

Thousands of bushels of wheat and other foodstuffs will be saved by this campaign, it is estimated.

These new experts in cooking will be widely employed as high school teachers. High school girls will be taught conservation measures, with the view of carrying new methods into their homes. Even graded schools will be reached ultimately by the plan now being adopted."

This is an indication of a wide and far-reaching movement. Cooking and some other branches of domestic science are now taught in not a few schools of

America, but the subject is far from being widely submitted in courses of instruction, and seems to be regarded as an elective fad rather than as an essential part of every young woman's education. When prescribed courses in household arts are introduced in our colleges for women, and find a place in the curricula of all schools, and are given rank and standing there secondary to none other, then the practical industrial education of young women may be said to have begun.

And who can foresee the benefits that will accrue from this procedure? The gains will appear great not only from an economical point of view, but in vastly improved and healthier conditions of home life throughout the land. By all means speed the introduction of domestic science, and the study of food and cookery especially, in the six hundred colleges for women in America. It means more than can be fully realized.

WHAT ARE WE DOING FOR THE CAUSE?

THE need of conserving our food resources, particularly our meats, fats, sugar and wheat, is as plain as the road to market. Everybody of any sort of intelligence understands this. The question is not whether we realize the close relation between diminished tonnage and concentrated foods, on which our otherwise collapsing allies must depend; the question is rather what are we ready to do about it.

This is an individual matter. It is one of individual responsibility. Human nature, in this and in other respects, does not always show up to great advantage. We read of the material savings in the great fundamentals, which the restaurants and hotels are making, and we suppose their figures are correct, but if we "watch the crowd" in any public place, we see much that is disquieting. We see well-fed grown-ups demolishing boxes of candy and callow youth loading sugar into coffee and spreading it over ripe

fruits and nutty cereals and even puddings; and we get the hint in countless quarters of hoarding, which is morally just as bad — unless we are sure the war is of long duration — as the eating to excess of present requirements.

We are, to an astonishing degree, creatures of habit. We think we have a right to do the things we can afford to do, and that we have been in the habit of doing. One trouble with the arbitrarily regulated prices is that they take away the argument against excessive consumption of the articles needed elsewhere, which the law of supply and demand might make. Habit is a still bigger barrier between us and our duty.

The American keeps out of a draft to avoid taking cold, while the Chinaman gets into a draft, wherever possible, for the same reason. We hardly know which is right. So it is in matters of diet. Great races of the world live without meat. Countless individuals of our own race do so. It ought not, then, to be a risky or difficult experiment, in a period of world distress like this, to practice vegetarianism.

Our grandparents used about one fourth as much sugar as we do. The peasantry of Europe, on the opening of this war, was using only a small fraction of what we are using. It ought, then, not to be impossible, for the period of the war, greatly to curtail our use of that article. We should all do so, did not habit dictate the snow-storming of sugar.

It is the same with coal. In this country we have kept our houses ten degrees warmer than have the Europeans; why not for a single season, whether we agree with their theory or with our own, adjust ourselves to their rule, and save for the war, for bunkering the ships, and for lifting the depression of unrelieved winter from poor France? Can we not rise above slavishness to habit? Can we not meet this extraordinary situation with the courage that befits reasoning men, as well as those conscious of a great heritage? — *The Boston Herald*.



CRABMEAT CROQUETTES

Seasonable and Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

FOOD SUGGESTIONS FOR MARCH

EGGs should now be more plentiful; their possibilities in the culinary line are almost limitless, and their appearance in the storeroom calls up thoughts of dishes that will appeal to each member of the family. There are those who never tire of an egg carefully cooked in the shell, but there are others who wish to dilute the richness and also add flavor to the egg. Just as the flavor of meat may be extended to cheaper foods, deficient in pronounced flavor, so may the concentrated foodstuffs found in the egg be extended to foods lacking somewhat in food value, but rich in flavor. Tomatoes, celery, asparagus, mushrooms, cured fish (as anchovies and sardines), and cured meats (as ham and bacon), are all appropriately combined with eggs, and to the improvement of both articles in the combination.

Eggs served with asparagus, in the form of an omelet, or as a salad, will be found an appetising dish, in these early spring days. Eggs with fresh mushrooms in croquettes are commended to all those who wish occasionally to introduce crispness into a diet largely bland in character.

Lobster is now at its best, and fresh fish of many varieties plentiful. Note the fresh fish cutlets or chops, breaded and *baked*. The first crumbing should be very light. For the last crumbing, fat should be mixed with the crumbs, also use soft bread crumbs to avoid too dry a dish. For the same reason set into a hot oven for the final cooking. The potato border and peas may be served separately.

Tripe, when cooked tender, is an easily digested meat that is comparatively plentiful. It deserves more attention than it receives from the average housekeeper. It is probably at its best when broiled or fried. For frying, simply pat it in cornmeal and let cook in a little hot fat on one side until lightly browned, then turn to brown the other side. When broiled, spread with a little butter and fine-chopped parsley,

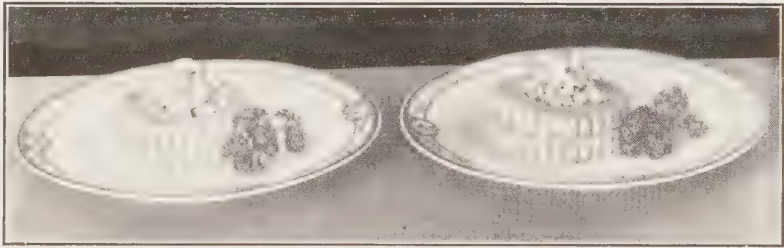
creamed together, with a few drops of lemon juice. Tripe, Creole, is seen on hotel bills of fare, but the dish is not as satisfactory as the broiled or fried product. Stewed or scalloped tomatoes go well with tripe, but let them be in a separate dish.

It is a mistake to sweeten so many of the war breads, a sweetened bread is for occasional use only, the bread to be eaten day in and day out should contain simply flour or meal, liquid, yeast and salt. Note the recipe for white oatmeal bread, given in the Seasonable Recipes.

Corn-and-Tomato Chowder

REMOVE the rind from a half-inch slice of fat, salt pork, cut off the rind, to use for some other purpose, and chop the pork very fine. Put into a small sauce pan on the back of the range, add a large onion peeled and chopped, cover and let simmer, stirring occasionally until the pork and onion are softened and yellowed. Add one pint,

and a tablespoonful of fine-chopped parsley, and when boiling lay in slices or filets of fresh fish freed of all skin and bone; cover and let cook about ten minutes, or until the fish flakes readily. Stir in one or two tablespoonfuls of barley flour mixed with cold water, and half a teaspoonful of salt and let simmer ten minutes longer. Serve from the casserole. The cooking may be done on the top of the stove or in the oven. A double boiler



CREAMED CODFISH IN POTATO PATTIES

each, of canned tomatoes, corn and boiling water, also three sprigs of parsley, cover and let simmer about an hour. Have ready a generous cup of sliced potatoes parboiled eight minutes, drained, rinsed in cold water, and drained again. Add these to the other ingredients with a teaspoonful and a half of salt and half a teaspoonful of paprika, and let simmer until the potatoes are done. When ready to serve, if too thick, add boiling water, or scalded milk as is needed.

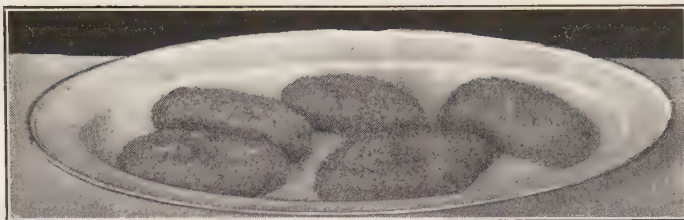
Fresh Fish Smothered in Tomato Sauce

Shred a small onion and a green pepper, and let cook in two tablespoonfuls of fat, in a covered casserole, very slowly until the onion is softened and yellowed a little; add half a can of tomatoes or tomato soup

may also be used; in this case the fish is very delicately cooked.

Creamed Codfish in Potato Patties

Season hot mashed potato as for the table, but keep it quite firm. Beat very thoroughly, then press into a buttered baking pan to make a sheet a generous half-inch in thickness. When nearly cold cut it into rounds with a French patty cutter. Stamp out the centers from half the rounds to make rings, and score the other half with the same cutter. Take out a little of the potato inside the scoring. Lift the rounds to a buttered baking sheet, set a ring above each round, thus forming cases. Brush over with the beaten yolk of an egg diluted with a little milk, and set into the oven to become



FISH CUTLETS, BREADED FOR BAKING

very hot. Prepare a cup of creamed codfish; add to it the rest of the egg-yolk and milk, and when the egg is set, serve in the potato patties.

Crabmeat Croquettes

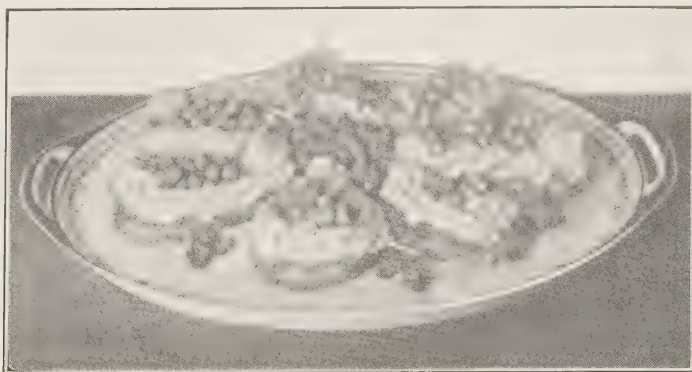
Melt one-third a cup of fat; in it cook half a cup of flour, half a teaspoonful of pepper and one-fourth a teaspoonful of pepper; add one cup of milk or fish broth and stir until boiling; add one egg, beaten and mixed with one third a cup of cream, and let cook over boiling water, beating occasionally until the sauce puffs (when the egg will be cooked). A tablespoonful, each, of chopped onion and green pepper may be cooked in the fat before the flour. Fold in between one and one-half and two cups of crabmeat. Turn on a plate and set aside, covered with a buttered paper to become chilled. Form into cone shapes. Roll in sifted bread crumbs. Beat an egg; add one-fourth a cup of milk and use in coating the cones, then again roll in crumbs. Fry in deep fat. Serve with hot peas, well seasoned, or with cream or tomato sauce.

Deviled Crabmeat au Gratin

Melt two tablespoonfuls of fat; in it cook two tablespoonfuls of flour, and one-fourth a teaspoonful, each, of paprika, cayenne, mustard and salt; add one cup of milk and stir until boiling; fold in one cup and one-fourth of crabmeat and turn into buttered ramekins. Mix one-third a cup of cracker crumbs with one tablespoonful of melted fat, and spread over the mixture in the ramekins. Brown the crumbs in a hot oven and serve at once.

Fresh Fish Cutlets, Breaded and Baked

These cutlets may be made of almost any variety of fresh or canned fish. If fresh fish is used, be careful to remove from the liquid or heat as soon as the flesh flakes easily. Make a sauce of one-third cup of fat, half a cup of flour, half a teaspoonful of salt and one cup of milk or fish broth, with one-third a cup of cream; fold in nearly two cups of flaked fish and turn on a plate to cool. Form into cutlet shapes, coat very lightly with sifted,



FISH CUTLETS, READY TO SERVE

soft bread crumbs, and cover with a beaten egg diluted with one-fourth a cup of milk. Mix one cup of sifted, soft bread crumbs with two to three tablespoonfuls of melted fat, and use in coating the cutlets the last time. Set the cutlets on a dish rubbed over with fat, pipe mashed potato on the edge of each cutlet, brush the edges of the potato with the left-over egg and milk, and set into a hot oven. When the cutlets are very hot and the potato is browned on the edges, remove to a hot serving dish and fill in the center of the potato with hot, well seasoned peas.

Stuffed Baked Potatoes

Bake potatoes of good size; when done cut a slice from one of the sides and remove the potato pulp to leave the skin in the shape of a case. Press the pulp through a ricer; add half a cup or more of fine-chopped, cold, boiled ham, salt, pepper and a little mustard with butter and milk as needed, and beat all together until the whole is light and fluffy. Use the mixture to fill the potato cases, rounding the mixture above the edge of the skin. Brush over with melted butter, and return to a hot oven to reheat the potato. Serve for supper or luncheon with a green vegetable salad.

Pigeon Cutlets

Cut the pigeons in halves, through the breast and the back; let simmer in boiling water until tender; press under a board holding a weight (first removing any bones that do not disturb the shape); retain the leg bone. When cold, egg-and-bread crumb or roll in flour, then

cook in hot fat. Either sauté or fry in deep fat. Serve with boiled onions, carrots or canned peas. Make a brown sauce of the broth, adding to it a little currant or other fruit jelly. Dried mushrooms may be cooked with the pigeons.

Pear Salad

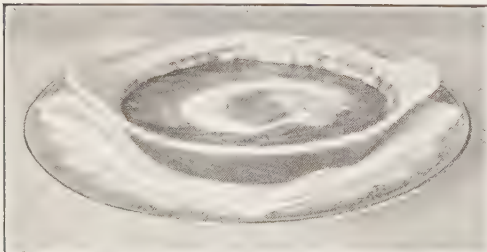
Set half a canned pear on two or three heart-leaves of lettuce; above sprinkle eight or ten cubes of Neuchatel cheese and half as many strips of pimiento. To serve eight, take one cup of double cream, two tablespoonfuls of lemon juice, four tablespoonfuls of pear syrup, one-fourth teaspoonful of salt, and four tablespoonfuls of honey and beat quite light. Use as a dressing for the salad.

Shirred Eggs, Creole Style

For three eggs, cut half a green pepper and half an onion in shreds; put in a small saucepan with a tablespoonful of butter, cover and let cook very slowly, stirring occasionally until softened; add three-fourths a cup of cooked-and-strained tomato with one-fourth a teaspoonful of salt, and when hot, turn into three egg dishes; into the tomato in each dish break a fresh egg. Let cook in a moderate oven until the egg is set. Serve at once.

Potato-and-Salt Mackerel Salad

Use about twice the measure of potato cubes as flakes of mackerel. Mix with the grated pulp of half an onion (one pint of potato), a tablespoonful of fine-chopped parsley, a dill-pickle chopped fine, one cup of mayonnaise, and half a cup of whipped cream; a teaspoonful of grated horse-radish is also good. Serve on lettuce leaves, and garnish with whole canned tomatoes or with slices of canned tomatoes.



SHIRRED EGGS, CREOLE STYLE

Curried Vegetables with Rice and Eggs

Cook in the usual manner until done, slices of carrot, green peas, slices of celery,



POTATO AND SALT MACKEREL SALAD

cubes or balls of potato or other vegetables at hand. Cook half a cup of rice in rapidly boiling water until tender; drain and let the kernels dry. For half a cup of rice (before cooking) and about a cup and a half of prepared vegetables, make a pint of curry sauce. Let an onion, cut in shreds, cook very slowly, covered close, in four tablespoonfuls of fat; when softened and yellowed add four tablespoonfuls of flour, two teaspoonfuls of curry powder and half a teaspoonful of salt; stir until thoroughly blended, then add two cups of the liquid drained from the rice or a cup of this liquid and a cup of milk; stir until boiling, then pour part of the sauce over the vegetables, and mix the rice through a part of it. Form a ring of the rice on a serving dish, turn the vegetables into the center and dispose a hard-cooked egg, cut in eighths lengthwise, above the rice.

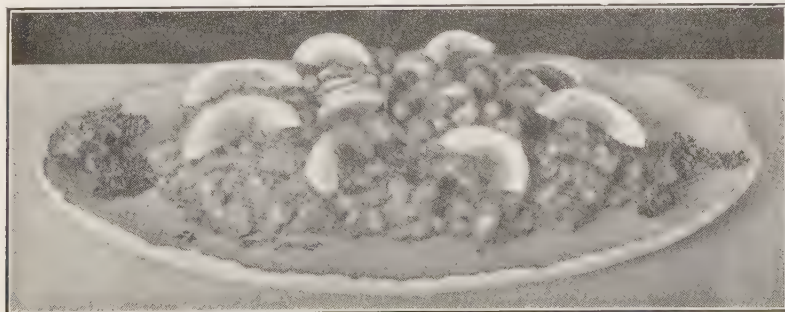
Baked Honey Custard

Beat two eggs; add half a teaspoonful of salt and one-third a cup of honey and

beat again; add two cups of milk and mix thoroughly. Turn into four glass or earthen cups. Set into a tin dish on several folds of paper; surround the cups with boiling water; let bake in a moderate oven until firm in the center. The water should not boil during the baking. Serve, cold, in the cups. For a firmer custard add two additional egg-yolks. Maple syrup or sugar may be used in place of the honey.

Apricot Omelet

Press enough canned apricots through a sieve to fill a cup. Melt two tablespoonfuls of butter; in it cook two tablespoonfuls of flour and one-fourth a teaspoonful of salt; add the cup of apricot purée and stir until boiling; add gradually to the yolks of five eggs beaten very light, then fold in the whites of five eggs beaten very light. Melt one tablespoonful of butter in an iron frying pan, turning the pan to allow the butter to run over the whole inner surface; pour in the apricot egg-mixture



CURRIED VEGETABLES WITH RICE AND EGG

and let stand on the top of the range about two minutes, then remove to the oven, which should be of moderate heat. Let cook until a spatula thrust into the center of the omelet is removed without uncooked egg adhering to it. Score at right angles to the handle of the pan, fold at the scoring and turn on a hot platter. Turn the rest of the can of apricots made hot for the purpose around the omelet. Serve at once. This will give eight or more servings.

Lemon Honey Cakes

Heat one cup of honey to the boiling point; add two and one-half tablespoonfuls of shortening and let cool. When

Boil all ingredients, except the soda and flour, five minutes. Chill. *When cold* add one and a half teaspoonfuls of soda and two and a half cups flour sifted together. Bake in two loaves in moderate size bread pans one hour in a moderate oven.

White Oatmeal Bread

Pour two cups of scalded milk (or part milk and part water) on one cup of rolled oats; add a teaspoonful of salt, a tablespoonful of shortening, if desired; and when lukewarm, stir in one third to one whole cake of compressed yeast, mixed through half a cup of liquid and wheat flour enough to make a dough that may



WHITE OATMEAL BREAD: TRY CUTTING ON TABLE AS NEEDED

cold stir in one cup and one-third of flour and set aside overnight. When ready to bake add the grated rinds of a lemon, one tablespoonful and one-half of lemon juice, one-third a cup of very fine-chopped blanched almonds and one-third a teaspoonful of soda dissolved in one tablespoonful of water. Beat all together thoroughly. Bake in small, round, cup-cake pans about twenty minutes.

War Cake

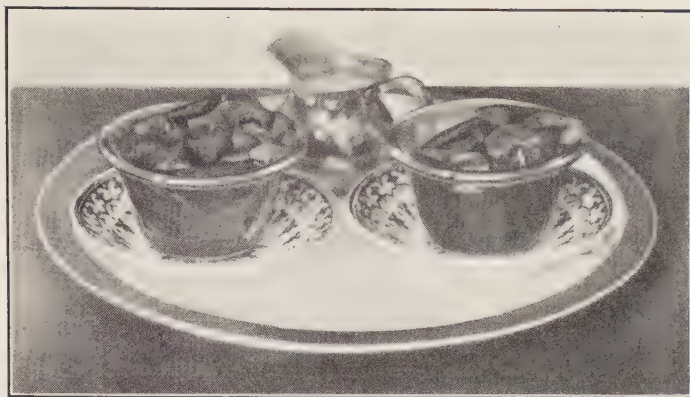
(Boston]Educational and Industrial Union)

2 cups brown sugar	3 teaspoonfuls cinnamon
2½ cups hot water	
2 tablespoonfuls lard, drippings, or butter	½ teaspoonful clove
¾ pound seedless raisins	½ teaspoonful nutmeg
1 teaspoonful salt	1½ teaspoonful soda
	2½ cups flour

be kneaded. Knead from five to ten minutes. Return to the mixing bowl, cover and set aside to become doubled in bulk. Shape for two brick-loaf bread pans. When again light, bake one hour. This requires about five cups of flour.

Apples Baked Individually

Select apples of a size suitable for cooking in individual dishes (cups). Glass or earthenware are the most satisfactory. Cut the apples in quarters and remove all the core. Set the apples in the cups to simulate a whole apple. Fill the open center with pieces of fig, dates or chopped raisins. Add to each cup a tablespoonful of water. Do not remove the skin from the apples. Let



APPLES BAKED INDIVIDUALLY

bake until done. Serve in the baking dish either hot or cold; cream and sugar give additional food value.

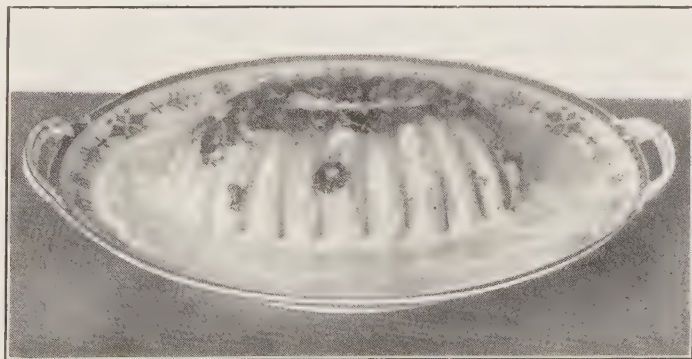
Molded Rice Pudding

Cook half a cup of blanching rice in a cup of boiling water, to which half a teaspoonful of salt has been added, until the water is absorbed. Add a cup of milk, half a cup of raisins and one-fourth a cup of sugar and let cook until the rice is tender, adding more milk if needed. It should not be too dry. Fold in the beaten white of an egg and turn into a mold. Serve cold with a sauce made of one pint of milk, one teaspoonful of cornstarch, one-third a cup of sugar, half a teaspoonful of salt and the beaten yolk of one egg; cook the cornstarch in the milk fifteen minutes before adding the egg-yolk. Use the sauce when cold. A few raisins cooked

tender in boiling water may be used to decorate the mold before the pudding is turned into it. Flavor the sauce with vanilla extract.

Quick Chocolate Cakes

Put two squares of chocolate, half a cup of sugar and half a cup of milk over the fire in a double boiler; beat the yolks of two eggs; add half a cup of milk, and when thoroughly mixed stir into the hot mixture in the double boiler; stir and cook until the mixture thickens slightly; add three tablespoonfuls of shortening and remove from the fire. Sift together one cup and a half of flour, half a cup of sugar, one teaspoonful of soda and one-third a teaspoonful of salt and beat into the chocolate mixture. Turn into buttered individual tins. Have ready about two-thirds a cup of chopped nut meats and two tablespoonfuls of granulated



MOLDED RICE PUDDING



QUICK CHOCOLATE CAKES

sugar; sprinkle the nuts on the top of the batter in the tins, then dredge with the sugar. Cinnamon may be added with the sugar. Bake about eighteen minutes. These cakes are easily made and particularly good. They are best when fresh made. Any left-over cakes may be reheated between two pans and served with a hot chocolate or other sauce as a pudding.

Rebecca Pudding with Canned Fruit

Scald three cups of milk. Mix one-third a cup of cornstarch with one-third a cup of cold milk; add half a teaspoonful of salt and stir into the hot milk; continue to stir until the mixture thickens, then cover and let cook fifteen minutes. Add one-fourth a cup of sugar and beat in the whites of two eggs beaten very light. Flavor with half a teaspoonful

of vanilla or orange extract and turn into a mold. When cold serve, unmolded, with any variety of canned fruit. The thin yellow rind of an orange or lemon may be added to the milk when it is set to cook and removed before the pudding is turned into the mold.

Peanut Butter Cookies

Beat half a cup of peanut butter and two tablespoonfuls of ordinary butter or butter substitute to a cream; gradually beat in half a cup of sugar and half a cup of corn syrup. Add one egg beaten light, half a cup of milk and half a cup of barley or rye flour, one cup and a half of wheat flour, four teaspoonfuls of baking powder and one-half a teaspoon of salt, sifted together. Mix to a dough. More flour may be required. Roll into a sheet, cut into rounds, and bake in a quick oven.



REBECCA PUDDING WITH LOGAN BERRIES (CANNED)

Simple Well-Balanced Menus for Week in March

(TWO MEATLESS DAYS)

(TWO WHEATLESS DAYS)

SUNDAY

Breakfast

Oatmeal, Sliced Bananas, Whole Milk
Potato Omelet
Radishes
Barley Muffins
Orange Marmalade
Coffee Cocoa

Dinner

Casserole of Fowl with Vegetables
Spinach
Spoon Cornbread
Cold Rice Pudding with Custard

Supper

Cornmeal Mush and Milk
Barley Muffins, Toasted
Canned Fruit
Nut Ginger Cookies
Tea

Breakfast

Fowl on Toast
Cornmeal Mush, Fried
Karo or Maple Syrup
Coffee Cocoa

Dinner

Crabmeat Croquettes
Canned Peas
Lettuce and Cress, French Dressing
Spoon Cornbread (reheated)
Baked Apple Tapioca Pudding

Supper

Cream of Potato Soup
Cold Spinach, Sauce Tartare
Rye Bread
Baked Apples
Tea

Breakfast

Baltimore Somp (reheated)
Whole Milk, Molasses
Salt Codfish Balls
Breakfast Corncake
Dry Toast
Coffee Cocoa

Dinner

Boiled Salmon, Egg Sauce
Boiled Potatoes
Home Canned Beets
Canned Logan Berry Shortcake

Supper

Hot Cheese Sandwiches
Stewed Prunes
Honey Fudge Cake
For Children — Milk and Boiled Rice
Tea

Breakfast

Salt Mackerel, Boiled
Mashed Potato Cakes
(left over) Baked
Cornmeal Mush, Fried, Molasses
Barley Bread, Toasted
Coffee Cocoa

Dinner

Curry of Rice and Chicken
Hard-Cooked Eggs in Quarters
Lettuce, Endive and Canned
Beets French Dressing
Spoon Cornbread
Stewed Figs, Lemon Jelly,
Boiled Custard
Oatmeal Macaroons

Breakfast

Puffed Rice, Whole Milk
Eggs Shirred in Tomato
Spider Corncake (barley or rye flour)
Coffee Cocoa

Dinner

Boiled Tongue (hot or cold)
Cabbage cooked with Cheese au Gratin
Baked Potatoes, Fifty-Fifty Biscuit
(Barley and rye)
Peach Delmonico Pudding
Ginger Cakes (barley or rye)

Supper

Baltimore Somp, Molasses, Milk
Finnan Haddie and Potato Balls
Ginger Cakes
Tea

Breakfast

Oatmeal Cooked with Raisins
Whole Milk
Creamed Dried Beef
White Hashed Potatoes
Rice Griddle Cakes
Coffee Cocoa

Dinner

Fowl Stewed and Sautéd
Cranberry Sauce
Potatoes Mashed with Turnips
Belgian Endive, French Dressing
Custard Soufflé, Coffee Sauce

Supper

Cream of Lima Bean Soup
Cornflour and Barley Bread Sticks
Canned Peas
Cottage Cheese
Honey Cookies Tea

Breakfast

Cream of Wheat, Hot Dates, Whole Milk
Tapioca Omelet
Bran Muffins
Coffee Cocoa

Dinner

Emergency Soup (vegetable)
Fresh Fish Chops, Breaded and Baked
Cucumbers, French Dressing
or Picalilli
Mashed Potatoes
Boiled Onions in Cream
Lemon Jell-O

Supper

Oyster Stew, Oysterettes
Home-made Pickles
Fried Rice, Molasses
Tea

Supper

Potato-and-
Salt Mackerel Salad
Barley flour
and Ryemeal Muffins
Apple Sauce
Cottage Cheese Tea

WEDNESDAY (WHEATLESS)

THURSDAY

FRIDAY

MONDAY

TUESDAY

SATURDAY (WHEATLESS)

Choice Luncheon Menus for March

I

Salpicon of Grape Fruit and Canned Pineapple
Japanese Crabmeat Croquettes
Peas
Cornflour Parker House Rolls
Lettuce and Endive, French Dressing
Salted Nuts, Strawberry Turkish Paste
Half Cups Coffee

II

Shrimp Cocktail
Chicken Timbales, White Mushroom Sauce
Macedoine of Vegetables in Tomato Jelly
Lettuce, French Dressing
Barley Biscuit
Maple Syrup Cake
Half Cups Coffee

III

Cream of Tomato Soup
Radishes
Olives
Fillets of Fish, Surprise, Fried
Sauce Tartare or
Cucumbers, French Dressing with Onion
Fruit Cup with Lemon Sherbet
Half Cups Coffee

IV

Halves of Grape Fruit
Breaded Fish Chops, Baked
Garnish: Mashed Potato and Peas
Radishes
Olives
"Fifty-Fifty" Biscuit
Gnocchi à la Romaine
Endive and Lettuce, French Dressing
Half Cups of Coffee

V

Salpicon of Oranges, Canned Pineapple & Peaches
(In Glass Cups)
Fresh Mushroom and Egg Croquettes,
Cream Sauce
Barley Biscuit
Boiled Tongue, Sliced Thin
Molded Spinach, Sauce Tartare
Browned Crackers
Cream Cheese
Grape Fruit Marmalade
Cocoa

VI

Apples Baked in Glass Cups, Thin Cream
Chicken Soup, Pulled Bread
Poached Eggs on Toast with Asparagus
Lettuce and Cress, French Dressing
Quick Chocolate Cakes, Creamy Sauce
Tea

VII

Chicken Broth in Cups
(Poached Egg-Yolk in Each Cup)
Breaded Fillets of Fish, Potato Stuffing, Fried
Cucumbers and Olives, French Dressing
Barley Biscuit
Pineapple Sherbet, Macaroons, Coffee



“Doing My Level Best”

By Clarence Duboise

THE farm is twenty miles from town — just an ordinary everyday sort of place. You might not select it as the setting for one of the inspiring incidents of the war. The woman is a modest, unassuming sort of person, too, and doubtless she would be immeasurably astonished if it were suggested that much importance be attached to the war role she is playing. But suppose we decide that for ourselves. Suppose — since everyone is asking these days, “What can I do to help win the war?” — that we take a trip to the little twenty-miles-from-town farm and find out what one woman has done and is doing.

She is one of these kind-faced, gentle, motherly persons, and the advancing years have whitened her hair and diminished her vigor — but not her determination. Before the war she lived in ease and comfort in a large city, very far from this Western State. For, although her girlhood and young womanhood had been spent on a farm where she had been born, her circumstances had afterwards changed entirely. The farm became a dream of the long ago. And the years passed, and apparently they held for her only a peaceful approach of old age amid a well-ordered existence of undisturbed serenity.

Then came the war. It changed her — as it changed everything. It touched her life — as it touched every life. She wondered what she could do. She heard the Government’s call for increased food production as a war necessity, and she

heard of the shortage of farm labor. She appraised her own abilities. She knew that the things she could do best were the things it is necessary for a woman to do on a farm. She remembered the bygone years when she had been reckoned without an equal in her county as a farm home manager. Without the stimulus of the war, she would have quailed at undertaking again such strenuous and exacting duties. But under the inspiration of the new order of things her course seemed so clear, so obviously the only thing to do, that she debated the matter not at all. She simply bought a railroad ticket and telegraphed John and Mary that she was coming.

John and Mary — her daughter and son-in-law — lived on the little twenty-mile-from-town farm. They had written that some of the farm help had been lost, because of the war, and that they were sore pressed to secure labor and maintain the maximum production of the place — the production that must be maintained and increased if we win this war. She was thinking of that necessity — this kindly, gray-haired woman — when John met her at the lonely little station, and as they drove out to the twenty-mile-from-town farm; the farm where she has been since that day, and where she is now, working in the kitchen, preparing meals for the hands, relieving Mary of many household duties — increasing the farm’s efficiency in many ways.

A Letter to the Secretary

And this is how the United States Department of Agriculture happened to learn of the matter. One day she read in the News Letter, which is sent out weekly by the department, something that pleased her especially. So she wrote a letter to the Secretary, expressing her appreciation of that article, and of all the News Letters in general. Which was very gratifying—but which was not the thing that gave the Secretary the greatest satisfaction. For her letter was made notable by its last lines—lines of sheer simplicity, added rather as an afterthought, it seemed—and incidental and unstudied expression that sums up in a sentence the war program that each of us must adopt—if we haven't already.

"I am going to be here as long as I am so much needed," she wrote. "It is fine to cook for hungry men, and I feel that, perhaps, I may be able in a small way to help solve the labor problem.

At any rate, I know what farm life is, and I also know that an industrious farmer deserves the best. . . . We are going to wash clothes today, and this evening there is a pig to be cut up, lard to be rendered, and sausage to be made. . . . I am doing my level best to try to help everybody."

That was the letter that came from the little farm, twenty miles from town, written to the Secretary of Agriculture by a woman of elderly years who had left her comfortable, unburdened city home and sought the severities of a service where she "might be able in a small way to help solve the farm-labor problem."

"I am doing my level best," she said.

Are you doing as much?

We must ask ourselves that question—and answer it. The Nation is just you, and you, and you—all of us. And unless each person does his and her level best the Government can't solve the farm-labor problem, or any other war problem—or win the war.

On "Having a Case"

By "The Wiser Person"

"AND my girl was away for the day, and the groceries hadn't come,—so there I was with two ravenously hungry men to feed, and nothing but eggs and some bread to give them!"

"Not even a can of soup?" asked the Wiser Person.

"By good fortune, yes. I *always* have a can of soup, of some kind, in the house. But even with that—"

"Why not follow my plan, and 'have a case'? Then you would be prepared for almost any emergency. 'Having a case' is a tower of strength."

"I don't understand. Do you mean *on*, or *of* something, Margaret?" asked the less experienced housekeeper.

The Wiser Person laughed gently. "Both, if you don't mind expressive

slang, which exactly fits. A case *on* and *of* ready-to-use soups. No pantry is well supplied without one."

"But even then I couldn't have given those men two or three kinds of soup, instead of one, and expected them to consider those a square meal. They had tramped fifteen miles through the woods. They wanted something substantial, and I've yet to see the household miracle that could transform cans of soup into a satisfying meal of meat and vegetables."

"Yet with the right assortment to draw upon, you might come very close to the literal working of that miracle,—even adding a salad course, if you happened to be provided with a few leaves of lettuce."

"You mean —"

"Tomato jelly salad. Why not? You told me how you have made it out of a pint of fresh tomato pulp, or a half can of canned tomatoes,—using two-thirds of one of those little packets of powdered gelatine that are intended to make a quart of jelly. You can do precisely the same thing with a can of any well-flavored tomato soup, adding a cup of hot water, and bringing it to the boiling point before adding the soaked gelatine. Cool in little cups, just as you did for your birthday lunch party, so they look like halved tomatoes when turned out on the lettuce!"

"Why—I never thought of making those out of soup! But how near will your miracles come to making a substantial meat dish out of soup? One that will really appeal to a half-starved big brother and his perfectly strange business friend?"

"Ah, that receipt is my especial resource in time of need, and can be prepared in fifteen minutes, if your oven is ready. You had eggs, you said?"

"Yes, plenty of them."

"And bread-crumbs, or — better yet — nice crisp corn-flakes?"

"Both, usually."

"Then, next time you want to make that appeal you mentioned, put before your guests what I call 'mock-turtle eggs.' To make them, first butter a rather deep pie-plate or shallow baking-dish. One of that brown and white earthenware is the nicest. Sift in evenly a good half-cup of fine bread-crumbs or crumbled corn-flakes, then open a can of mock-turtle soup, add to it two or three good spoonfuls of boiling water, mix to perfect smoothness, and pour it carefully over the crumbs. Set the dish in a hot oven until the soup is bubbling hot, all over. Then take it out, and break into the soup five or six eggs, being careful not to break the yolks. If possible, keep them a little apart from each other. Sift over the eggs and 'gravy' a layer of the crumbs, and dot

bits of butter over this generously. Put back into the oven, and bake until the eggs are 'set.' Serve this in the baking dish, and no one, once he has tasted it, will waste any time longing for a meat course. Instead, he will wonder how you happen to have a Parisian *chef*, on the edge of the open country."

"It sounds delicious. Could I make it with any other kind of soup?"

"You can't make genuine 'mock-turtle eggs' with anything but mock-turtle soup,—but I *have* made shift with ox-tail, to meet an emergency. If you were not having any other tomato course, for your impromptu lunch, you could have Mexican eggs,—made in the same fashion, but using a can of tomato soup, seasoned with a pinch of powdered cloves, and mellowed with a suspicion of sugar. Or vary by beating the eggs and tomato soup and flavorings all together, scrambling them with a good lump of butter, and serving them like a hot pink jelly on toast or fried-bread croutons."

"Just to hear you makes me hungry!" declared the younger housewife. "Why, one of those combinations would have given me an actual three-course lunch! Plain soup, of some sort, an egg dish, and the salad, if there had been time for the jelly to harden. But of course it wouldn't do to have the Mexican eggs and the tomato salad at the same meal."

"Hardly, without betraying their identical source. But you forgot the vegetable possibilities I hinted at. You could have either asparagus or celery soufflé. Make a thick cream sauce of a heaping tablespoonful of butter and as much flour blended over the fire until smooth, with a half-pint of milk added and stirred until it boils and thickens smoothly. To this add a can of either asparagus or celery cream-soup, beat in the yolks of two eggs, then the stiffly beaten whites, turn into a buttered baking dish, and set in the oven to bake to a delicate, light-brown puff. With consommé, bouillon, chicken or mutton

broth as first course, you could have either of the egg dishes, and a vegetable soufflé, without lacking variety in flavor."

"And if I wanted something lighter, I could begin with clam chowder."

"Yes, indeed. But if you prepare that as we do at home,—adding the canned clam chowder to a pint of thinner cream sauce, made the same way as for the soufflé,—don't have either of the vegetable puffs to follow. Chowder is almost a meal in itself, and one other course to follow ought to be enough. If that course is either an egg dish or a tomato scallop, no one will be likely to leave the table hungry. You make the scallop by filling a buttered baking-dish with little cubes of cut bread. Two cupfuls should be plenty. Dot with butter, if you want it extra nice,—or toss the cubes in a frying pan with either butter, its nut substitute, or a little sweet dripping. Then into the baking pan with them. Dilute a can of tomato soup with a very little boiling water, season with an even teaspoonful of white sugar, and pour it over the bread. Dust over all a thin coat of fine bread or cracker crumbs, dot with more butter, and bake

for about fifteen minutes in a moderate oven. Vary this last by using tomato-okra soup, and a very toothsome dainty will be the result."

The Wiser Person looked into the serious young face turned to hers.

"Now do you realize why it pays to keep something more than 'a can, of some sort,' in the house? It is not often that one *must* evolve an entire meal in that fashion; but any of the dishes I've told you about will combine deliciously with everyday *menus*. And by using judgment in selection, any one of those same dishes can be served at the same meal with 'just plain soup,'—even though your strange guest be a seasoned epicure, and inclined to be critical. But why do you run away?"

The younger housekeeper nodded wisely. "I want to 'phone my order in before the noon delivery is sent out from the grocery. *I'm* going to 'have a case,' too!"

"*On*—or *of*?" questioned the Wiser Person, with a twinkle.

"Both!" came back the voice of her little neighbor, across the lawn.

A. D.

A Hoovercessional!

O Mr. Hoover, known to all
As U. S. A.'s food advocate,
Who sounds afar the urgent call,
"TO WIN THE WAR, CLEAN WELL YOUR
PLATE."

O Mr. Hoover, reason whet,
Lest we regret! Lest we regret!

"Eliminate," he further adds,
"The precious snowy 'staff of life,'
And toothsome frosted frills and fads,
To do your 'bit to win the strife!'"
O Mr. Hoover, is that all,
Can worse befall? Can worse befall?

"'Tis meet that you should relish meat
But once a day, and one day none,
If our boys have enough to eat.
If victory complete be won."
O Mr. Hoover, is this true?
We beg of you, we beg of you!

"Three meals, and only three each day!
Lunch not between the mealtime hours!
Waste not! Conserve! These rules obey,
And help defeat the Central Powers!"
O Mr. Hoover, ask no more,
We do implore! We do implore!

But since this is the edict stern,
If we would conquer Kaiser B.
To disobey we'll quickly spurn!
We'll all respond to Hoover's plea!
O Mr. Hoover, we're won o'er,
We'll starve for "FREEDOM EVERMORE!"

Caroline Louise Sumner.



HOME IDEAS & ECONOMIES



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Put a "Milk Door" in Your House

MILK doors are merely small cupboards built in the wall of the house, generally between the kitchen and the back porch, with two doors, one on the outside, the other in the inside. The outside door enables the milk man to place the milk in the place provided for it, and when he closes the door the milk is safe from inquisitive cats and dogs as well as relatively safe from the milk thief. The housewife takes the milk by opening the inside door. The milk doors are easily installed in a new house. The space between the inside and outside doors is usually about five inches. The height of the opening is about eighteen inches (inside measurement) and the width about twelve inches. During the winter months the protection afforded by this device keeps milk and

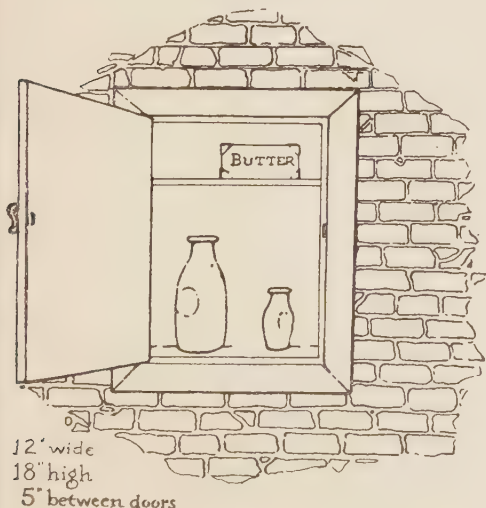
cream, and especially buttermilk from freezing, and in summer the food is protected from the sun. The housewife is not obliged to go out on the porch to get her milk, and she also has a convenient place in which to put the empty bottles after they are washed. The entire matter is a development in the best conduct of the dairy business, and it is also a matter in which the home-building department of magazines can be of help in calling attention to this means of receiving milk. It is suggested that butter, the morning newspaper, and other small articles can be conveniently deposited in the milk door.

MILK: An Indispensable Food for Children

THE essential nature of milk as a food for children of all ages has been brought home to the thinking public this past fall and winter by the sudden sharp rise in the price of milk to the retail consumer, and the consequent decrease in its use in hundreds of homes, especially in our large cities.

The reasons why milk is the most important and best adapted food for the growing child are taken up in detail in a pamphlet published by the U. S. Children's Bureau, Washington, D. C., and now available, free of charge, to any one who cares to send for it.

A brief discussion follows of the kinds of milk that can be used in household cooking and as food for older children, in distinction to the milk that should be used for infants. The value of some forms of canned milk, especially milk



powder, for shipping abroad, and for use in our South and the far West, is well summarized.

The bulletin is put out in the hope of spreading the knowledge among the mothers of the nation that milk, beyond all other foods known to man, has properties of determining growth as well as of sustaining life.

Milk is the food of fundamental importance in the diet of children.

* * *

Can You Boil a Potato?

A QUAIN minister once said, "Girls go to school nowadays more than they used to, but very few of them know how to boil a potato." The thought was startling to every woman present, and on investigation I found a good many useful points to be learned on so simple a subject.

First: Potatoes have a much better flavor if cooked in an iron pot. Boil them in the frying pan if you have no other. A friend had been served an impromptu dinner and said, "But you know the potatoes had been cooked in an old-fashioned iron pot and tasted so good we did not want much else."

If pared, care should be taken to pare as thin as possible, as there is a layer of fine starch near the skin which is often wasted. The water should be at boiling point when they are put in and just enough water allowed to cook dry. How well I remember when I was ten and proudly "helping" mother, I would call out. "Ma, is it time to 'dreen' the potatoes?" There were oceans of good vegetable water poured down kitchen sinks in those days. We now know we poured away much of the flavor, the soluble salts, etc. It takes careful watching to do this and avoid burning, but good cooking is the most useful of the fine arts and will repay all the attention given to it.

When cooking potatoes in their "jackets," cut a small paring right around the tuber lengthwise and when half

done dash in a half cup of cold water; this helps to make them light and mealy. Some kinds of potatoes break up and waste in boiling, in such a case salt the water and boil slowly, do not let them become overdone.

Irish people know how really to enjoy their potatoes: Your Irish workman wants a big plate full of "praties" not quite done, we would say, with a long jug of milk. These two foods he will eat with the greatest relish and go his way quite satisfied.

A friend in Australia, who never cooks flesh foods, served delicious "roast beef gravy"; here is her recipe:

Put a generous supply of vegetable fat in the pan, fry some slices of tomato and onion, and remove them; add a cupful of vegetable water, salt to taste, and thicken with browned flour.

The reason meat gravy is so "tasty" is the salts contained. These same salts are found in vegetables.

The Japanese sauce or catsup made from the black soy bean is excellent to flavor gravies, soups, etc. C. L. M.

* * *

Acorn Bread

WE know that the earliest settlers in Canada and the United States learned of the various tribes of Indians, new foods, as maple sugar, maize, pumpkin, and even bear's fat flavored with sassafras.

Of course all berries were natural food and so were the sweet hickory nuts and chestnuts, black walnuts and pine nuts, and many kinds of acorns.

While we had abundant wheat, who cared about the scientific possibility of removing the bitterness from acorns and horse-chestnuts so as to make them suitable for human food or fodder for stock? The present world crisis is, however, bringing us to the consideration of these foods, and to the testing various methods of using them.

The Indian women of the Southwest used to pound acorns into meal and

then by repeated washing in basketry trays, to remove the unpleasant and unhealthful bitterness from the meal, and use it as a staple food.

The acorns of California are small and pointed quite unlike acorns elsewhere; and, by the way, the best place to study acorns is in the collection of oaks of the entire world planted near the Horticultural Building in Fairmount Park, Philadelphia, Pa. This arboretum was started in 1876 during the Centennial Exposition.

Many women of California are trying acorn bread. One woman from Amador County has given the result of her experiment to the food conservation commissioner. And here is the recipe used after careful trials at Atascadero — that wonderful new colony — an establishment with orchards and seed farms on a hundred-thousand-acre tract adjacent to the railroad.

The bread is described as dark but most delicious.

Acorn Bread, Atascadero Style

Shell the acorns, cover with water to which half a teaspoonful of soda has been added and let boil until quite soft. Drain and wash through several waters. This removes the tannic acid. Spread on a plate and dry. When dry grind through the medium and fine knives of your food chopper.

Allow one cup white flour, one cup corn meal, one cup of either whole wheat, graham flour, or bran; three cups acorn flour, one-half cup brown sugar, one teaspoonful salt, two cups buttermilk, one teaspoonful soda dissolved in part of the milk, and one tablespoonful cooking oil or crisco.

This will make two medium-sized loaves. Bake one hour in a moderate oven.

Combine Fruits for Jelly

There is quite a difference between a mixture of incongruous things and a harmonious blending; it is increasingly

the custom to blend fruits and berries for jams, preserves, jellies and pretty desserts. Oftentimes some emergency suggests odd combinations that are at first called innovations, and then welcome inventions of a clever cook.

Here is a specimen in the way of a fruit gelatine. There was on hand, and rather superfluous, just before closing a light housekeeping apartment for a day, a small bunch of grapes and a small green apple. The handy housekeeper quickly stewed the muscat grapes and the apple, cut fine, and strained the juice, flavoring it with three lemon-verbena leaves which were left in the hot liquid and then skimmed out. She sweetened this juice well, and finding it needed something tart, having no lemon, she added a dash of cooking sherry, which made sufficient liquid for a quart of jelly. This she poured into three fancy Japanese dishes, one to give away to a neighbor, and two to greet her on her return — a welcome dessert for two meals.

Fruits that would be incongruous in appearance for preserves will often make a delicious jelly, one giving color and aroma, another bulk or sweetness. Apples will form the base of almost any jelly and help to set it.

J. D. C.

* * *

Apples Baked on Top of Stove

AT lunch at a friend's house the other day my eye was captivated as we sat down to the table by the attractive appearance of the baked apple at each place. They were as red as fresh apples, perfect in roundness, without the skin being wrinkled a bit, and standing in a half dish of cream-colored sirupy juice. They proved just as delightful to the taste as to the eye, and I impulsively inquired:

"How do you bake apples like this?"

My hostess smiled and answered, "I call them baked, but really they aren't baked at all, but cooked on top of the range. I choose the reddest, most perfectly shaped apples, core them and

put them in the bottom of a kettle. Then I pour boiling water over them until it stands about half way up on the apples. I add enough sugar for sweetening, cover the kettle and let the apples cook slowly. When about half done I turn them the other side up in the juice and sirup. I like this way much better than baking in the oven, because they keep their color and do not wrinkle. Also we think they taste better."

F. L. C.

* * *

To Prevent "Rusting" of Cut Apples

I NOTICE that in AMERICAN COOKERY recipes for apple-celery and nut salad, or in other dishes where uncooked apples are to be used, the directions are given to squeeze lemon juice over the small pieces of cut apple, to prevent discoloration. A much better way of securing the same result is to place the diced apple in salt water for ten or fifteen minutes. Not only does this prevent the apple's rusting, but it also improves its flavor.

Suet-in-Carrot Pudding

We made the plum pudding with grated carrots for Christmas and found it most delicious, but thought the proportion of suet was a little too large for the other ingredients.

* * *

Maple Blanc Mange with Nut Cream Sauce

TO prepare the blanc mange, heat one quart of milk, with a pinch of salt, in the upper part of the double boiler, and stir in four tablespoonfuls of cornstarch that has been moistened with a little cold water. Stir constantly until the mixture thickens and cook over hot water for eight minutes; this removes the starchy taste. Have in readiness six level tablespoonfuls of shaved maple sugar, that has been mixed with one light-beaten egg. Add this gradually to

the cornstarch mixture and stir until the sugar is dissolved; do not boil. Remove from the fire, turn into an ornamental mold that has been rinsed with cold water, now put in a cool place to chill and harden. Serve unmolded with the following sauce:

Nut Cream Sauce

Whip one cup double cream and sweeten with two level teaspoonfuls of powdered sugar; add half a teaspoonful of vanilla extract and a scant cup of chopped nut meats.

* * *

Left Overs

TAKE any scraps of cold chicken, removing the bones, and mince fine; add one cup cold corn bread crumbled fine and two cups wheat bread scraps; moisten with chicken stock, make into balls and bake in gem pans.

A Substitute for Meat

When making corn meal mush add a cup of chopped walnuts or peanuts and two eggs; when beaten smooth turn into molds, and when cold, slice and fry, preferably in bacon fat.

Hot Apple Pies

If your family prefers its apple pies hot, you can save time by baking enough for two or even three meals at a time, and when needed place them in the oven as you would mince pies, and they will be better even than at first.

When Eggs are Expensive

Take two eggs, a cup of milk and a cup of cold cereal, and beat them all together. Put a tablespoonful of butter or substitute in a frying pan, and turn the mixture in, season with salt and pepper, stir until it is creamy, and serve hot as a breakfast dish.

T. K. S.

* * *

THE following eight rules for saving and safety embody the recommendations of Prof. Graham Lusk, of

the Cornell Institute of Pathology. Prof. Lusk considers milk, at almost any price, a cheap food compared to meat, eggs and similar protein foods.

1. Let no family of five persons buy meat until it has bought three quarts of milk, the cheapest protein food.

2. Save the cream and butter and eat oleomargarine and vegetable oils. Olive oil or cottonseed oil taken with cabbage, lettuce or beet tops is excellent food, in many ways imitating milk.

3. Eat more sparingly of meat, rich and poor, laborer and indolent alike. Meat does not increase the muscular power. When a person is exposed to great cold meat may be recommended, for it warms the body more than other food. In hot weather, for the same reason, it causes increased sweating and discomfort. In general, twice as much meat is used as is right.

4. Eat corn bread. It saved our New England ancestors from starvation. If we eat it we can send wheat to France. Eat oatmeal also.

5. Drink no alcohol. In many families ten per cent of the income is spent for drink, or a sum which, if spent for other food, would greatly improve the welfare of the family.

6. Eat syrup on cereals or on corn bread. It will spare the sugar. Eat raisins in rice pudding. This will do away with using sugar as sweetening for it.

7. Eat fresh fish.

8. Eat fruits and vegetables.

* * *

The Banana in a New Role

HOUSEKEEPERS this year are going to be looking for every means of spreading the sugar supply as far as possible. This can be done in part by making fruit sauces. The banana when made into sauce requires a smaller proportion of sugar than most other fruits, and has the consistency of a marmalade.

Any banana may be used for making marmalade. Those that are medium ripe are the best. A combination of

very ripe and slightly green fruit in equal proportions gives good results.

The proportions of ingredients should be as follows:

1 cup water	6 large bananas
2 lemons	$\frac{1}{2}$ as much sugar as cooked fruit pulp

(This recipe makes a stiff marmalade; less sugar may be used in making a thinner sauce.)

Peel the bananas, and drop the fruit immediately into the water, which should be boiling. Add the juice of the lemons and cook until very thick, stirring occasionally to prevent burning. This takes from ten to fifteen minutes. Measure the fruit pulp thus formed, and add the sugar, and cook down to the thickness desired, or that of other marmalades. When done the marmalade should be clear and amber in color. It is not necessary to cut the bananas in pieces before boiling, as stirring breaks them sufficiently. The lemon gives piquancy of flavor and improves the texture, making it more jelly-like.

This recipe yields one pint and one-half, or three jelly glasses of marmalade, and costs thirty cents, when sugar is ten cents a pound, bananas are thirty cents a dozen and lemons five cents for two.

Heretofore the banana has not been used very largely as a conserve, probably because of the generally accepted impression that banana products darken in color. This is not true of the marmalade made by the above recipe, as it may be kept a whole year and show no indication of change in color, texture or flavor.

—E. A. & J. B. S.

War-Time Economy

1. Choose food wisely.
2. Store it properly.
3. Cook it carefully.
4. Serve it attractively.

Don't give the new dishes a black eye by having too many of them at once. Use all the ingenuity you have to make them both taste and look well.

Food habits, like other habits, are not easily changed.

Wheatless Muffins

By Lucile Wheeler

THE demand for wheatless bread has taxed the ingenuity of the housewife, and has made her Wednesday planning a task. The desire to have a bread or biscuit of mixed flours approaching the standard of the all-wheat products has met with discouraging results. At first the meals and flours made from other grains were not on the market, but now with the ready response of millers to the food dictator the new flours are attainable, making many new mixtures possible.

Rye meal or rye flour is the breadstuff next best to wheat flour. It contains gluten, but of a different kind and in different amount from the glutenin and gliadin which form the wheat gluten. Other grains lack this constituent in sufficient quantity to give a good elastic tenacious structure to yeast bread unless combined with wheat flour. The quick breads make possible an easy and ready means of using the new meals and flours, with results more satisfactory and attainable to those with little experience or too little time for yeast bread-making.

The flours which are now on the market are potato flour, corn flour, rice flour,

tapioca flour, barley flour, buckwheat flour, rye flour and wheat-fruit and wheat-banana flours. The meals which are obtainable are cornmeal, oatmeal, buckwheat meal, rye meal, barley meal. In using these for muffins a more satisfactory product is obtained to combine the rye meal with a fine thickening substance, as rice flour, corn flour or any other,—or if rye flour is used, to combine it with a coarse milled product, as cornmeal or barley meal.

The following recipe gives satisfactory results:

2 cups thickening substance (1 cup meal) (1 cup flour)	2 tablespoonfuls corn syrup
1 cup sweet milk	$\frac{1}{2}$ teaspoonful salt
1 egg	or 1 cup sour milk with
3 teaspoonfuls baking powder	$\frac{1}{2}$ teaspoonful soda
2 tablespoonfuls fat	1 teaspoonful baking powder

Beat the egg; add corn syrup and milk. Add the flour, which has all the dry ingredients sifted with it. Add the melted fat. Bake in a hot oven in a slightly greased iron gem-pan. Have the pan hot before greasing and pouring in muffin mixture. This recipe makes 12 medium or 8 large muffins.

Variations for Muffins

Rye meal (1 cup) or Graham flour any day but Wednesday	+ { potato flour 1(cup) rice " corn " barley " buckwheat " tapioca "	12 medium or 8 large muffins
Rye flour (1 cup) or wheat flour any day but Wednesday	+ { cornmeal (1 cup) buckwheat meal oat meal	
Rye or wheat flour	+ { fruited flour or banana flour	not wheatless muffins

All the meals and flours are sifted before measuring. The coarse bran in sifting is removed from rye meal, which should be returned to it and stirred in lightly with a spoon. Meals may be made light enough for measuring by using a spoon. If this is not done, the meal, as measured direct from a package which has had the material made very compact by long standing, will prove equal to more than one cup, as called for in the recipe. Oatmeal should be ground in a coffee mill or fine meat cutter, to

give the best results. Another way to bring out the full thickening power of the oatmeal and insure its being thoroughly cooked in the muffin is to scald it for a short time, fifteen or twenty minutes, in a covered double boiler to prevent evaporation of the liquid, or let it stand over night with the liquid on it.

For shortening use meat drippings, chicken fat or vegetable fat.

The variety afforded by the foregoing combinations make easy and pleasing breads for wheatless days.

Wheat Saving

We must cut down our own use of wheat one-fourth if we are to have enough to send the allies. Therefore study these suggestions:

Substitute flour or meal made from any other grain for at least one-fourth of the wheat you would ordinarily use.

Use white potatoes, sweet potatoes, rice, squash, and pumpkin as substitutes for the wheat flour.

Use what is available in your community.

Those who can save more than the one-fourth will help make up for those who can not or are not willing to do their share.

The quick breads can be made so as to save from half to all the wheat.

The use of whole wheat and graham flours is not regarded as saving wheat.

Bobby has Joined the Marines

Our Bobby has entered the service today —
 We're puffed up with pride at his grit;
 Not one single thing to discourage we'd say,
 Nor dampen his ardor a bit.
 Our hearts with the glory are all in a glow,
 We're prouder than monarchs and queens;
 And still, in the twilight, quite pensive we grow —
 Our Bobby has joined the marines.

We're trying to master the salt-water speech —
 Like "splicing the mainsail" and such,
 Though lots of the lingo is out of our reach,
 And might just as well be in Dutch.
 We "shiver our timbers," "avast" and "belay,"
 Imagining nautical scenes,
 Then slyly we dabble a teardrop away —
 Our Bobby has joined the marines!

Harriet Whitney Symonds.

Melt the butter; in it cook the mushrooms and green pepper until softened a little; add the flour and salt and mix; add the cream and stir until boiling; mix the yolks with the small quantity of cream and stir through the mixture; add the sliced eggs and stir carefully until hot, then add the lemon juice.

QUERY No. 3921. — "Our School of Domestic Science and Art is to have an exhibit. Would be glad to have some suggestions for this exhibit along the lines of food conservation and present existing conditions."

Suggestions for Public School Exhibits in Domestic Science, Food Conservation, etc.

1. Exhibit of 100 calorie portions of Cooked Food.
2. Exhibit of 100 calorie portions of Uncooked Food.
3. Exhibit of Day's Food for School Boy of 14.
4. Exhibit of Day's Food for Child of 7.
5. Exhibit of Day's Food for Man at Hard Work.
6. Exhibit of War Bread, three or four varieties without sugar (to include oatmeal and cornmeal or flour.)
7. Exhibit of Boston Brown Bread with raisins and molasses.
8. Exhibit showing comparative food value of 1 quart of milk, 1 dozen eggs, 1 pound of round steak.
9. Exhibit of cooked food as: cabbage creamed with cheese crumbs above; cake and cookies made with butter substitute and honey or maple syrup; and some rye, corn or barley flour; bits of various vegetables in tomato jelly, border of lettuce; dried lima bean salad; paprika baked potatoes; corn or fish chowder; rice croquettes, cheese sauce; Baltimore sump, cooked (boiled); cottage cheese; gnocchi à la Romaine; cheese custard; caramel custard renversée; poached eggs on toast with spinach, creamed onions or celery; onions stuffed with nuts, baked.

QUERY No. 3922. — "What is the best way to take care of Linoleum on a kitchen floor?"

Care of Linoleum on Kitchen Floor

We can not assert that the following "is the best way" to care for a floor covered with linoleum, but it is a good way to keep it looking well. Scrub clean with warm water and old Dutch cleanser or similar detergent, then wipe over with a cloth wrung out of skim milk. To go over a kitchen floor it takes less milk than one would think possible, but this part of the cleaning will, in general, be left to people living where milk is produced. The durability and good appearance of a floor covered with linoleum depends largely upon the manner in which it is laid at the beginning. Laid in cement, there is no stretching and it always presents an absolutely level surface throughout its whole extent.

QUERY No. 3923. — "Give recipe published in AMERICAN COOKERY the winter of 1915-'16 for Spaghetti in a sauce with cheese, served on toast."

Spaghetti with Cheese

We fail to find the recipe referred to. On page 628, March, 1915; there is a short article on "Macaroni à la Italy." Anything said in this article on macaroni is equally applicable to spaghetti. We see no reason for serving spaghetti on toast. The toast adds no new foodstuff to the dish, is simply a repetition of those already presented, and certainly is uncalled for at the present time. Two representative recipes for spaghetti are given below.

Italian Spaghetti

Cook the spaghetti in rapidly-boiling salted water until done; drain, rinse in cold water and return to a hot saucepan; shake the pan over the fire to dry the spaghetti; add, for half a pound of spaghetti, half a teaspoonful of salt, a dash of pepper, a scant quarter of a pound of grated cheese and one-fourth cup of butter, or butter substitute; shake the pan to melt the cheese and butter and distribute them evenly over the spaghetti.

Spaghetti, Italian Style (No. 2)

Cook the spaghetti as before and let stand to keep hot. Melt one-fourth cup of butter; in it cook one-fourth cup of flour and half a teaspoonful, each, of salt and pepper; add one cup, each, of tomato purée and rich brown stock (broth flavored with onion, carrot and celery) and stir until the sauce boils; pour the sauce over the macaroni and add two or three ounces of grated cheese; lift the spaghetti with a spoon and fork, to mix the ingredients thoroughly; let stand over hot water until very hot, then serve. The spaghetti may be broken in pieces about two inches in length before cooking, or the whole lengths may be slowly coiled around in the boiling water and kept whole for serving. Americans usually break the spaghetti in pieces before cooking.

QUERY No. 3924. — "Recipe for making pastry with a Butter Substitute. Will the use of baking powder improve the pastry?"

Plain Pastry with Butter Substitute

$1\frac{1}{2}$ cups pastry flour $\frac{1}{2}$ teaspoonful salt $\frac{1}{4}$ teaspoonful baking powder	6 tablespoonfuls shortening $\frac{1}{8}$ cup cold water (about)
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Sift together the flour, baking powder and salt; cut in the shortening, then adding water, a little at a time, mix with a knife to a paste of a consistency to clean the mixing bowl of all flour or paste. Turn on a board, lightly dredged with flour, to coat the surface with flour; then use as desired. This is enough paste for one large pie and two or three tarts.

Probably a little baking powder will tend to lighten the pastry in which it is used; but if one knows how to use a rolling pin deftly (without too much pressure) the baking powder is unnecessary.

QUERY No. 3925. — "Directions for making a clear Glacé on apple tart?"

Clear Glacé for Apple Tart

Apple juice and sugar cooked with a little lemon juice is often used to coat apples used in a tart. The cooking must be continued until the syrup drops in beads from the spoon, or jellies. This glacé is usually quite light in color. Apple or other fruit jelly cooked with water to a smooth liquid is also used.

QUERY No. 3926. — "How may cold Mashed Potatoes be utilized? We do not like potato cakes."

Uses for Cold Mashed Potato

If the mashed potato is carefully prepared, well seasoned, light and fluffy, the potato cakes, when reheated, either on a greased dish in the oven, or in the frying pan in a little hot fat, ought to be about as satisfactory as when first served. Any sort of cooked fish may be mixed with the potato. Finnan haddie, salmon, haddock, halibut, mackerel or codfish (fresh or salt) may be used. For frying, pat the cakes in a little barley or cornflour before setting them to cook.

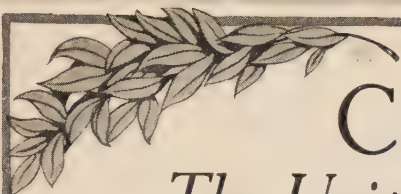
Cold mashed potato may be added to biscuits, doughnuts or bread. For doughnuts use half a cup to about two cups and a half of flour. Mix the potato with the eggs and sugar. Rather more potato may be used in biscuits and bread. In baking-powder biscuit, use two teaspoonfuls of baking powder for each cup of potato besides the quantity taken for the flour. Mashed potato may be used with onion and celery in a cream soup.

QUERY No. 3927. — "Can cocoa syrup be prepared and kept on hand for use in making cocoa on a few moments' notice?"

Cocoa Syrup for Use in Beverage

$1\frac{3}{4}$ cups boiling water $\frac{3}{4}$ cup cocoa	$1\frac{3}{4}$ cups boiling water $2\frac{1}{2}$ cups sugar $\frac{3}{4}$ ounce vanilla extract
--	---

Put the first measure of water in a double boiler; add the cocoa and let stand undisturbed until the cocoa is



CRISCO— *The Universal Cooking Fat*

CRISCO always has justified the faith placed in it by countless American housewives, who for years have used it for shortening, for baking and for frying. Now, when the National Food Administration, as an important war measure of conservation, vigorously urges that no butter be used in cooking, many other women are learning that Crisco is richer than butter and that it makes foods delicious. They are awake to the truth that the use of butter in cooking is not only unnecessary but an actual waste of money.

To do what the Food Administration asks of all patriotic housekeepers, stewards and cooks, works no hardship but instead is a pleasure. Crisco gives satisfactory results in every recipe that calls for butter or butter substitutes.

CRISCO
*For Frying—For Shortening
For Cake Making*

Crisco is purely vegetable. It is the solid cream of wholesome, edible oil. It is tasteless and odorless. In Crisco-cooked foods you get the natural, dainty flavor of the foods, not the taste of the fat. Experts in cooking prefer Crisco to fats likely to carry their own flavor into foods, and often unpleasantly.

You can buy a pound of Crisco in an airtight, sanitary package for no more money than you pay for the same amount of lard dug out of an open tub. If you never have used Crisco, it will pay you to give it a trial. You will enjoy better foods for less money.

A Book for Today's Needs

Conservation does not mean robbing the body of needed rations. "Balanced Daily Diet" will help you choose foods that aid in keeping you in trim, mentally and physically. Janet McKenzie Hill of the Boston Cooking School wrote this book. She also tells how to prepare over one hundred very appetizing, economical dishes, without using butter in any of them. This book is illustrated in color. It contains the interesting Story of Crisco. Published to sell at 25 cents, we will send you a copy for ten cents in stamps. Address Dept. A-3, The Procter & Gamble Company, Cincinnati, Ohio.



*A reduced reproduction of
the one-pound can*

moistened; stir thoroughly; add the second measure of water and stir again. Let cook one hour; add the sugar, stir until it is dissolved, and let cook half an hour. When cold, add the vanilla and strain through cheesecloth. There will be one quart of cocoa syrup. This may be used at once, or it may be set aside for use as needed. To serve two, divide one-fourth a cup of the syrup between two cups and pour three-fourths a cup of hot milk into each cup. Stir and it is ready. For thirty, scald six quarts of milk in a double boiler; add the quart of cocoa syrup, beat with spoon or egg-beater and serve at once.

QUERY No. 3928.—“Recipes for Cornbread suitable for wheatless days.”

Virginia Spoon Corn Bread (To serve ten)

$\frac{1}{2}$ cup breakfast hominy	3 eggs
1 quart boiling water	1 cup milk
2 teaspoonfuls salt	2 cups cornmeal
4 tablespoonfuls shortening	$1\frac{1}{2}$ teaspoonfuls baking powder

Add the salt to the water, stir in the hominy and let cook directly over the fire five minutes, then let cook twenty minutes over boiling water (double boiler); add the shortening, the eggs beaten and mixed with the milk, and, lastly, the cornmeal sifted with the baking powder. Bake in a well-greased baking-dish three-fourths of an hour. Serve with a spoon and from the dish.

Rhode Island Johnny Cake

Into one cup of Rhode Island white cornmeal and half a teaspoonful of salt stir boiling water to make a thick drop batter; let stand until cooled a little, then stir in cold, sweet milk to make a thick pour batter. Drop by tablespoonfuls on a hot griddle and bake as griddle cakes. Serve with butter or molasses. Yellow cornmeal may be used in the same way.

QUERY No. 3929.—“In making Fruit Jelly, why is the sugar heated before it is added to the boiling fruit juice?”

Why Heat Sugar for Fruit Jelly?

As a rule the shorter the time of cooking fruit juice after the addition of the sugar the lighter and more delicately colored is the finished product. This thing is very noticeable in the making of orange, grapefruit, apple or peach marmalade. If the sugar be heated, the boiling of the juice is not delayed, and, if the cooking has been carried far enough, the mixture will jelly at once.

QUERY No. 3930.—“Recipe for a rich and exceedingly moist Fruit Cake that looks as if it were made in layers put together with fruit. The layers do not separate as in the usual layer cake, but are firmly held together.”

Rich Moist Layer Fruit Cake

The following recipe is from Farmers' Bulletin 653, “Honey and Its Uses in the Home.” This recipe fits quite closely the description given, though nothing is said in the recipe of using the cakes as layers; additional fruit might be mixed with crystallized honey and used as filling between the layers. Crystallized honey is often so employed.

Honey Fruit Cake

5 cups flour	$1\frac{1}{2}$ pounds currants
2 teaspoonfuls soda	1 pound citron
$3\frac{1}{2}$ cups honey	1 pound candied cherries
1 cup butter	1 pound candied apricots
6 eggs	1 pound candied pineapple
2 teaspoonfuls cinnamon	$\frac{1}{2}$ cup sour jelly, or
2 teaspoonfuls ginger	$\frac{1}{2}$ cup white grape juice
3 teaspoonfuls ground cardamon seed	2 teaspoonfuls vanilla
$\frac{1}{2}$ teaspoonful cloves	2 ounces candied orange peel
3 pounds raisins (seeded)	2 ounces candied lemon peel

Cut the candied fruit into small pieces, with the exception of the cherries, which should be left whole. Place the fruit in a large dish and sift over it one-half of the flour, mixing thoroughly. Sift the soda with the remainder of the flour. Bring the honey and the butter to boiling point and while still hot add the spices.

(Continued on page 610)

RYZON PRUNE CAKE

BY MRS. EDGAR M. HALL, OELWEIN, IOWA

- 1 level cupful ($\frac{1}{2}$ pound) light brown sugar
- $\frac{1}{2}$ cupful (4 ounces) butter and lard.
- 2 eggs
- 3 tablespoonfuls sweet or sour milk.
- 1 level cupful ($\frac{1}{2}$ pound) well-cooked prunes cut in small pieces.
- 1 level teaspoonful cinnamon.
- 1 level teaspoonful nutmeg.
- $\frac{1}{2}$ level cupfuls (7 ounces) flour.
- 2 level teaspoonfuls RYZON.

Cream sugar and shortening—add eggs well beaten, milk and cut prunes, cinnamon and nutmeg, then flour and RYZON, which have been sifted together. Bake as loaf cake.

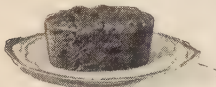
Sufficient for one medium-sized cake.

RYZON CANADIAN WAR CAKE

BY MRS. GERTRUDE BAIG, EDMONTON, ALBERTA, CANADA

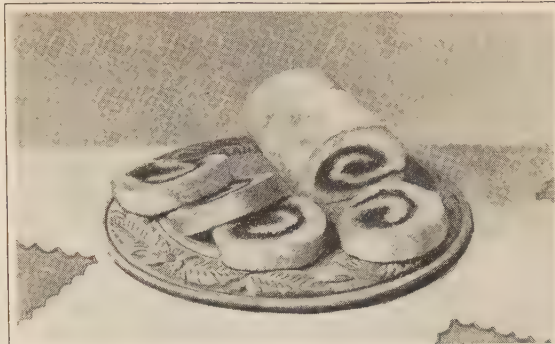
- 2 level cupfuls ($\frac{1}{2}$ pound) brown sugar.
- 2 cupfuls (1 pint) hot water.
- 1 level teaspoonful salt.
- 1 level teaspoonful ginger.
- 1 level teaspoonful cinnamon.
- 1 level teaspoonful allspice.
- 1 package (1 pound) seedless raisins.
- 1 level teaspoonful RYZON.
- 3 level cupfuls ($\frac{1}{2}$ pound) flour.

Boil sugar, spices, water and raisins together for five minutes, after it begins to bubble. When cold add flour and RYZON which have been sifted together, turn into well-greased tin and bake forty-five minutes in moderate oven.



This cake is not only delicious, but most inexpensive, and well suited to war conditions. It will keep moist and good as long as any of it is left, which may not be long if there are children in the family.

It is a pleasure to publish this good, wholesome, economical cake recipe, which will appeal to the housewife of today.



RYZON JELLY ROLL—Master Recipe

By MARION HARRIS NEIL, Cookery Expert and Author of "Salads, Sandwiches and Chafing Dish Recipes," etc.

JELLY ROLL HINTS

To roll up a Jelly Roll after baking, the following method will be found of assistance. Turn the roll out onto a clean cloth wrung out of very hot water, and roll it up in this. The cloth must, of course, be wrung out as dry as possible before the cake is turned out on it. After a little practice, you will find that you can roll up your Jelly Roll without a single crack.

Jelly Rolls are very popular as well as useful cakes. If kept in a cake box or an airtight tin they remain moist and fresh for a long time. They are nicer as a foundation for cake-puddings than sponge cakes.

Master Recipe

RYZON JELLY ROLL

- 3 eggs—beaten.
- $\frac{1}{2}$ cupful (6 ounces) sugar.
- 1 tablespoonful milk or cream.
- 1 level cupful ($\frac{1}{2}$ pound) flour.
- $\frac{1}{2}$ level teaspoonful RYZON.
- $\frac{1}{2}$ teaspoonful vanilla extract.
- 1 level tablespoonful ($\frac{1}{2}$ ounce) butter—melted.

Jam or jelly, slightly warmed.
First grease a jelly roll tin and line it with buttered paper, allowing paper to come a little

above the rim of tin. Beat eggs until light, add sugar gradually, beat five minutes, add milk or cream, flour sifted with RYZON, vanilla extract and butter. Spread mixture on prepared tin; bake in a quick oven for twelve to fifteen minutes, or until firm to touch.

Have ready sheet of paper sprinkled with sugar, and turn cake onto it. Quickly remove buttered paper and spread over with jam or jelly and roll up at once. Place on sieve to cool. Jelly roll may be served hot, or cut in served cold.

Sufficient for eight persons.



The New Ryzon Baking Book

THE new RYZON Baking Book is now ready and it is even more comprehensive than the first edition. It contains many additional recipes, all timely and economical and is illustrated in color throughout.

In the recipe book compiled by the University of Chicago for the Patriotic Food Show held in Chicago, a number of recipes from the RYZON Baking Book were used.

RYZON, the Perfect Baking Powder, is thirty-five cents per pound and

the RYZON Baking Book is priced at One Dollar. But if you will send us the user's certificate (which is packed with the one pound can of RYZON) and ten three cent stamps, you will receive the Baking Book postpaid (except in Canada).

A pound tin of RYZON and a copy of the RYZON Baking Book will be sent free, postpaid, to any domestic science teacher who writes us on school stationery, giving official position.

GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK

The Silver Lining

DO YOU?

Housewife, now your chance has come.
Out of all your foodstuffs, some
Of each please set aside.
Vast amounts may thus betide
Every allied army man
Rushing 'gainst the Teuton ban.
Insistently conserve wheat;
Zealously abstain from meat;
Eagerly refrain from sweet.

Enjoy the war breads you can make
At home. Give up beloved cake.
The reason,— Democracy's at stake!

Conserving then the crop of wheat,
On every table let there greet
Rightly intentioned ones at morn,
Night fireless-cooked porridge of corn.

On other mornings for a change,
Altho you find a meager range
To breakfast foods, children will hush
Served with cream and oatmeal mush.

LUCILE WHEELER.

Little Benny's Notebook

MY sister Gladdis wasent home for suppir last nite, and we had lemmin merrang pie for dizzert, being my favorite kind, and ma gave me 2 peeces and there was ony one slice left, and I sed, Theres ony one peece left, ma. it aint very big and if I ate it the plate wood be reddly to wash, if nobody elts wunts it.

Well sumbody elts properly does, sed ma, your sister Gladdis is very fond of lemmin merrang and I'm saving this peece for her.

Well, if she dont wunt it can I have it, ma? I sed.

If she ses you may, you may, not otherwise, sed ma. And after suppir wen Gladdis came home I sed, You missed it, Gladdis I bet youll never stay out agen, I bet you dont know wat we had for dizzert.

Wat? sed Gladdis.

Lemmin merrang pie, I sed. And I started to dance erround as if I thawt I was krazy, singing, Bing, bang, lemmin merrang, bang, bing, lemming merrang.

Well dont lose your sentses over it, I dont see anything so wondirfill about it, sed Gladdis. Me keeping on dancing erround, singing, O me, O my, Gladdis missed the pie, bong, bong, lemmin merrong, biff, biff, lemmin merriff.

O shut up, I woodent touch the old pie if it was handed to me on a silver savver, sed Gladdis.

Aw, go on, I sed, I sippose if you had a peece rite heer you wood leeve me eat it before you wood eat it yourself, I sippose, woodent you?

I sertenly wood, sed Gladdis.

O G, thanks, I sed. And I ran into mas room, saying, G, ma, Gladdis sed I cood have her piece of lemmin merrang pie.

Well you dident waste mutch time, you sertenly take the cake, sed ma, and I sed, No mam, I take the pie.

Well for mersey sakes go down and take it, its in one of those bottom things in the dining room sidebord, sed ma.

Wich I went down and did, being the best peece of all.

Death Had No Terrors for Him

Murphy, says the San Francisco *Argonaut*, was making his first trip across the Atlantic, and he felt unspeakably awful. He failed to connect the fact of his being on the briny ocean for the first time with his agony. The doctor came to him as he tossed about in his berth. "Cheer up, man," he said heartily. "I know you're feeling rotten, but you're not going to die." Murphy opened horrified eyes. "Not going to die?" he wailed. "Faith, doctor, I thought I was! That was the only thing that kept me alive."

Junior, three years old plus, was at breakfast. His mother said: "Now eat it all, my dear. You know, Mr. Hoover wants a clean plate so that nothing shall be wasted."

**"It Saves Me \$2
and It Costs
30 Cents"**

**The Large-Size
Quaker Oats**

The large Quaker Oats package — which costs 30 cents — contains 6200 calories of nutriment. That same nutrition, on the average, costs in other foods as follows:

**In Meat, \$2.40 In Whitefish \$3.50
In Eggs, \$3.00 In Chicken, \$6.00**



So that one package, used in place of meat or eggs, saves at least \$2. Used in place of average mixed diet, it saves about \$1.

You can serve eight breakfasts of Quaker Oats for the cost of one meat breakfast of the same food value. You can serve five dishes for the cost of one egg.

Yet the oat is our premier food. It is the vim-food and the food for growth. It contains

the needed elements. It is rich in minerals. And, to mark this supremacy, Nature endows oats with a most delightful flavor.

Make Quaker Oats your full breakfast. Foods that cost many times as much cannot compare with oats.

And mix Quaker Oats with your flour foods. They add a delightful flavor, and they conserve our wheat.

Quaker Oats

The Extra-Flavory Flakes

You get oat flavor at its best when you ask for Quaker Oats. These flakes are made from queen grains only — just the big, rich, luscious oats. We get but ten pounds from a bushel.

This flavor has made Quaker Oats, the world over, the favorite oat food.

It is due to yourself that you get it, for it costs no extra price.

12c and 30c per package in United States and Canada, except in far West and South where high freights may prohibit

Quaker Oats Bread

1½ cups Quaker Oats (uncooked)
2 teaspoons salt
¾ cup sugar
2 cups boiling water
1 cake yeast
¼ cup lukewarm water
5 cups flour

Mix together Quaker Oats, salt and sugar. Pour over two cups of boiling water. Let stand until lukewarm.

Then add yeast, which has been dissolved in ¼-cup lukewarm water, then add 5 cups of flour.

Knead slightly, set in a warm place, let rise until light (about 2 hours). Knead thoroughly, form into two loaves and put in pans. Let rise again and bake about 50 minutes. If dry yeast is used, a sponge should be made at night with the liquid, the yeast, and a part of the white flour.

This recipe makes two loaves.

Junior: "Yes, mother, but does Mr. Hoover live next to God, so that he can see all that we do here?"

The Quick and the Dead

The poetic gift is humanly balanced upon occasion. Edwin Markham dearly loves a joke, for example: "The automobile," he recently interpolated, while making an impassioned address on poetry, "is rapidly dividing mankind into two classes, the quick and the dead."

He Couldn't Afford It

A negro who had an injured head entered a doctor's office. "Hello, Sam! Got cut again, I see." "Yes, sah! I done got carved up with a razor, doc." "Why don't you keep out of bad company?" said the physician, after he had dressed the wound. "Deed I'd like to, doc, but I ain't got 'nuff money to git a divorce."



Active Little Folks

need the comfortable security given by

Velvut Grip

**OBLONG RUBBER BUTTON
HOSE SUPPORTER**

Sold Everywhere

Child's sample pair (give age) 20c. postpaid.
For Infants—"The Baby Midget Velvut Grip
Hose Supporter," Silk 15c; Lisle 10c.

GEORGE FROST CO. - Makers - Boston

No Second Offense Likely

The old miser in the story who dropped a five-dollar gold piece in the plate at church, mistaking it for a nickel, was not the man to give up easily. Accordingly he sought legal advice. But the lawyer gave him no comfort. "You have no case," he declared. "You were guilty of contributory negligence."

Not Permeable by Moisture

An old book of sermons in the Boston Public Library has these lines on its fly-leaf:

If there should be another flood,

For refuge hither fly;

Tho all the world should be submerged,

This book would still be dry.

Sergeant-Major: "Now, Private Smith, you know very well none but officers and non-commissioned officers are allowed to walk across the grass."

Private Smith: "But, Sergeant-Major, I've Captain Graham's oral orders to"—

Sergeant-Major: "None o' that, sir. Show me the captain's oral orders. Show 'em to me, sir."—*Liverpool Post.*

John Wesley, walking in Bath, came face to face with Beau Nash. The path was narrow, and one or the other would have to give way. The fashionable Master of Ceremonies looked the Methodist up and down and said, "I never make way for fools!"

John Wesley promptly stepped aside and retorted, "Oh, I always do!"

The small boy who wrote the following letter was so eager to express his gratitude that he did not notice just what his letter seems to include under benefits received:

"Dear Uncle Thad,—I received the knife you sent me; it is just beautiful. I cut myself with it five times since I got it. I thank you ever and ever so much for the knife. Your affectionate nephew, TED."



At their Anniversary Dinner this Ham is the "Honored Dish"

It is their silver wedding day, and the time for reminiscence. He tells of the first dinner she ever cooked for him. "We had baked ham like this one. I'll never forget how delicious it tasted."

For twenty-five years they have always had the same ham—Swift's Premium. Whenever she wished to give her husband an unusually good dinner she served it.

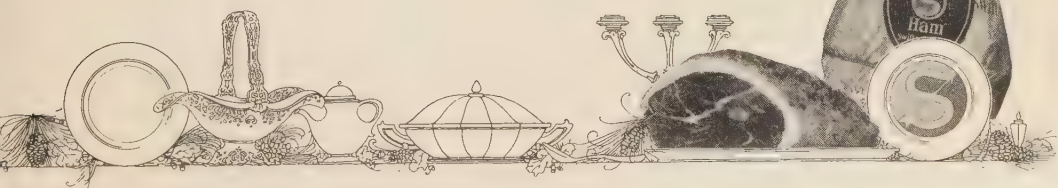
Each one she bought was just as fine as the one before—just the proportion of fat and lean they liked best—so

tender, so exquisitely delicious. The special Premium cure and the fragrant smoke of hickory fires have penetrated every fibre and added a new mellowness, a new, delicate zest to the original fine flavor of this ham.

Have Swift's Premium Ham, baked. Let your family enjoy the ham which for a quarter of a century has delighted thousands of other particular families by its incomparable tenderness and flavor.

Swift & Company, U. S. A.

Swift's Premium Ham





A Kitchen Ally

The choosing of what to have nowadays is a problem. In the matter of flavours —

Mapleine

(The Golden Flavor)

certainly helps by giving to the everyday dishes a piquant, different flavour. Every bottle sold by grocers has a recipe folder, telling how to use Mapleine for making your own syrup, at half the cost — for flavouring deserts, and savouring gravies and vegetables. Two-ounce bottle 35c (Canada 50c). Big Recipe Book sent for 4c in stamps. Write

Crescent Mfg. Co., Dept. C
SEATTLE, WASH.

NESNAH

Perhaps you are trying to give a luncheon or dinner on the 17th of March and want to keep the color scheme green. Let me suggest that you use either Almond Nesnah Pudding served individually in thin glasses, or if you wish a frozen dessert serve either Almond Sherbet (made with milk) or Almond Ice Cream.

No Sugar No Flavor No Eggs

needed in making Nesnah: just good fresh milk

ST. PATRICK'S DAY ICE CREAM

2 quarts milk 1 pint Cream
3 boxes Almond Nesnah

Heat milk lukewarm, remove from stove, drop in 3 packages of Almond Nesnah; stir for half minute and pour into freezer. Let stand undisturbed 15 minutes or until coagulated, put ice and salt around can and freeze mixture to a thick mush. Add cream and continue to freeze. Serve with a green Maraschino cherry placed on top.

SIX PURE NATURAL FLAVORS

Chocolate Almond Raspberry
Lemon Orange Vanilla

A post card will bring a free sample and a booklet of recipes

The Junket Folks

Chr. Hansen's Laboratory, Inc.

Box 2507 Little Falls, N. Y.

At a military tribunal in the border district one member asked the applicant, a shepherd, if he knew of any reason why his work should not be undertaken by a woman. "A woman once tried it," replied the applicant, "and she made a mess of it." "Who was she?" inquired the chairman. "Bo-Peep," answered the shepherd.—*Tit-Bits*.

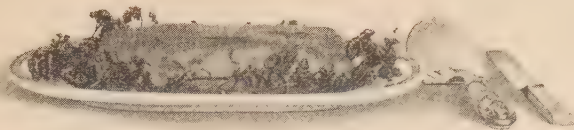
Canon Ainger really meant to pay a compliment, when at a public dinner he said to a friend, "I see you have to speak to one of the toasts." The friend replied, "Yes, I shall have a lot of nonsense to talk after dinner." Canon Ainger, with his attention partially diverted, replied, "I am sure nobody is more capable of doing so."

"That 'ere Sammy's an educated toff from 'Arvard," said Tommy Atkins, leaning on his spade. "I'm jolly well weary of 'is learnin', too, that I am. We're ordered to throw up trenches along the Marne, and as 'e picks up 'is spade, th' bloomin' college blighter says, says 'e, 'Well, Tommy, come on; it looks like we're *infra dig*.' And wot I says is, 'Blarst a college education, anyhow, eh?'" — *Richmond Times-Despatch*.

Amos J. Cummings and Ernest Jarrold were once in a pilot-boat during a great storm. The former lay on a bunk, intently reading. The boat gave a fearful lurch, and careened until it seemed that she must turn completely over. "This is awful, Amos!" said Jarrold. "I'm going to put on a life-preserver, for the boat can't stand it many minutes longer." "Oh, keep quiet, and let me read, Mickey!" said Cummings, never lifting his eyes. "The men on this boat draw a regular salary to keep her afloat!" — *Saturday Evening Post*.

Customer — "Why do you give me only eleven oysters when I order a dozen?"

Waiter — "Oh, sir, I didn't think you'd want to sit with thirteen at the table, sir." — *Town Topics*.



CONSERVATION LOAF—A Meat Substitute

Cook 2 heaping tablespoons Minute Tapioca, 1 teaspoon salt, half teaspoon pepper or paprika and 1 pt. milk in a double boiler for 15 minutes, stirring frequently. Take out $\frac{1}{2}$ cup of mixture, in it dissolve 1 envelope Minute Gelatine. Return it to boiler. Add 1 egg well beaten, 1 cup finely chopped or ground walnut meats, 1 tablespoon butter, 1 medium onion finely chopped, poultry seasoning, 1 cup cooked and chopped beans (any except wax or string). Cook 5 minutes. Remove from stove, put in buttered dish (not tin). Set in cold place for several hours. Slice and serve in place of cold meat.



BAKED CHEESE TAPIOCA

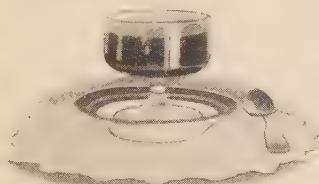
To 1 pt. milk add 1 egg well beaten, 2 heaping tablespoons Minute Tapioca, 1 pinch salt, paprika, 1 cup of cheese cut into dice. Bake until thick, stir occasionally. 5 minutes before removing from oven, sift over $\frac{1}{2}$ teaspoon baking powder. Serve hot.



PENNY SAVER

(For left-over meat or fish)

Heat $\frac{1}{2}$ cup milk and $\frac{1}{2}$ cup water together in double boiler. Add 2 heaping tablespoons Minute Tapioca. Cook 10 minutes, stirring frequently. Add $\frac{1}{2}$ cup chopped meat or fish. Beat 1 egg separately and stir in. Season and put in baking dish. Cover with buttered crumbs. Bake until brown.



SAMMIES' TAPIOCA

(Receipt taken from the Army Cook Book) Wash $\frac{1}{2}$ lb. evaporated peaches, then soak over night in 1 qt. water. Cook in same water until soft. Strain. Add water to liquid until it measures 1 qt. Heat in double boiler, add 4 heaping tablespoons Minute Tapioca, 1 cup sugar, pinch of salt. Cook 15 minutes, add peaches (first put through sieve). Cook few minutes. Serve cold with fresh or canned milk.

A VALUABLE CONSERVATION FOOD

Minute Tapioca is a valuable war-time food as it helps you to save the wheat and meat which are so badly needed elsewhere. It is one of the best energy producing foods there is, and may be used in many appetizing dishes.

Minute Tapioca

Buy genuine tapioca. You will know it by the blue band and the Minute Man.

Let us send you our Conservation Cook Book (free). It is full of suggestions of how to use Minute Tapioca as a meat extender and has many other timely helps for your table.

MINUTE TAPIOCA COMPANY
33 N. MAIN STREET
ORANGE, MASS.

Queries and Answers

(Concluded from page 602)

When the mixture is cool, add the well-beaten yolks of the eggs, then the flour and grape juice or jelly and the well-beaten whites. Finally, add the fruit. The cake should be divided into three or four parts and put into buttered dishes covered with buttered paper tied closely over the tops. Steam for five hours, remove the paper, and bake in a very slow oven for an hour. This makes a very rich cake, consisting chiefly of fruit. For the sake of economy, the flour can be increased to even twice the quantity without affecting the quality very much.

QUERY No. 3931.—“Fat taken, after cooling, from the water in which a piece of corned beef was boiled was used in making pastry for an apple pie. The pastry tasted good, but there were discolorations—not large—in several places; scum from the meat, perhaps. What is the best way to remove these from the Fat?”

Clarifying Fat

Set the fat in a small saucepan over the fire; let melt and cook very slowly until all the water has evaporated—(until the fat is still, no boiling discernable), then strain through a cheesecloth. When cold it is ready for use.

QUERY No. 3932.—“Recipe for Emergency Soup, often mentioned in the well-balanced menus.”

Emergency Soup

$\frac{1}{2}$ cup half-inch cubes of carrot	1 cup half-inch cubes of potato
$\frac{3}{4}$ cup slices of celery	4 cups water or broth
1 onion (medium) cut in shreds	2 tablespoonfuls meat extract with water
$\frac{1}{4}$ cup chicken or bacon fat	Salt and pepper as needed

Cook the carrot, celery and onion in the fat, covered, stirring occasionally over a very moderate heat about fifteen minutes. Cook the potatoes in boiling water five minutes, drain, rinse in cold water and drain again. Add the potato to the other vegetables with the water or broth, and let cook nearly one hour; add the meat extract, if used, with salt and pepper to season. There should be four scant cups of soup.

SAVE MEAT

by serving more stuffing when you serve roast meats, poultry, fish and game.

If this dressing is flavored with Bell's Seasoning it adds to the pleasure of the meal.

ASK GROCERS FOR



Tid-bits from the Tide-rips of the Mighty Pacific



Pioneer
MINCED SEA
Clams

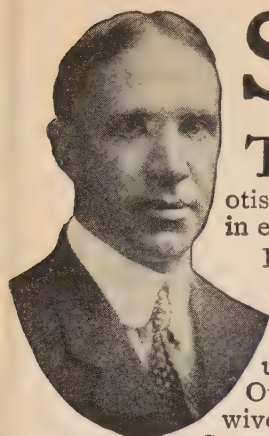
For a quarter of a Century this inimitable sea food from the pure, tide-washed sands of the Pacific Ocean, has pleased with its marvelous salt-sea flavor and its dainty appearance. Highly nourishing too: almost an essential food for child and adult. Most excellent for invalids. In soups, creamed, etc., a fullsome and appetizing food.

EAT MORE FISH!

Insist on "Pioneer." No others so good. Recipe book free.

Sample can for 20 cents in stamps

SEA BEACH PACKING WORKS
107 Pacific Ave. Aberdeen, Washington



Wm. Campbell

Saves 1/3 Fuel!

THE need—the *duty* of economy in cooking is imperative. Both your purse and your patriotism urge you to save in every way you can.

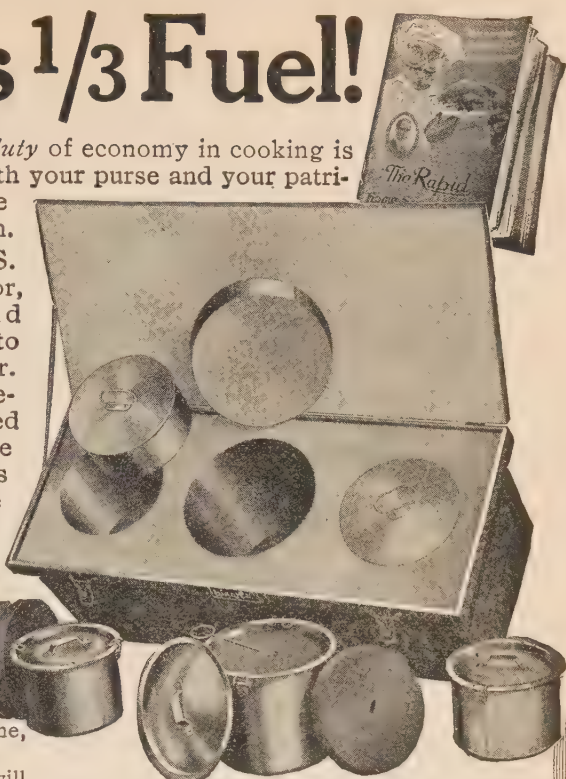
Dr. Garfield, U. S. Fuel Administrator, urges *you*—and every housewife—to use a fireless cooker. Over 100,000 housewives all over the United States and Canada urge you to get the best fireless cooker—the Rapid, made by me and sold direct

from my factories. All these housewives assure you that a Rapid *will*

Save 1/3 Food Bills!

—as well as cut a third off your fuel bills. Save you hours of kitchen work, too. And still gives you better, more wholesome, more appetizing meals than ever.

Furthermore, by buying from me, you will save *on the first cost* as well as in fuel, food and work. I make my Rapids on a large scale—and sell direct from my factories. Right



at the start, *you pay much less* for a Rapid than if you bought it any other way. Send the coupon today—get a Rapid at once—and

Have More Appetizing, Wholesome Meals With a *Rapid* Fireless Cooker

Aluminum Lined Throughout—Full Equipment of “Wear Ever” Aluminum Cooking Utensils

Write me at once for my Latest, Lowest, Direct-From-Factory Price. Also Free Home Science Book, a most valuable book filled with helpful ways to *live better and economize at the same time.*

Rapid Fireless Cookers are made in 4 different

sizes—a size for every family, large or small. Each a wonderful household economy. Roasts, bakes, boils, steams, stews and fries. Roasts meats, bakes cakes and pies, cooks vegetables to perfection—does everything that fireless cookers costing many times will do—and many things they cannot do. Then—

Act Quick! Get 30 Days' FREE Trial!

I will be glad to let you try any model of the Rapid in your home—FREE. This is my own guarantee—a contract between you and me, personally. One that I will live up to, absolutely. Test out a Rapid in your home for 30 days. Test it in every way—to cook any way that suits the family best. Then—*leave it to them.* If they aren't delighted with the meals it prepares—and if you are not highly pleased at the way it saves fuel, food, money and labor, return it to me and I will return your money at once. Your safety and saving in dealing with me lies in the fact that you are purchasing your fireless cooker *direct from the man who makes it.* Housewives like my method of selling. It is the beginning of their saving, for right at the start they *pay less* for the Rapid, than if they bought any other way. That's one of the reasons why I sell hundreds of Rapids every day.

Begin *right away* to save on fuel bills—on food bills—on kitchen work. Why hesitate? Write me today. Get my new 1918 prices. Secure a Free Copy of My Home Science Book. Address

THE WM. CAMPBELL CO., Dept. 373, Detroit, Mich.

The Wm. Campbell Co.
Dept. 373
Detroit, Michigan

Please send me at once full information on your New 1918 Money-Saving Price on all four models of the Rapid Fireless Cookers. Also FREE COPY of your famous “Home Science Book” FREE!

Name _____

St. No. _____

City _____ State _____

Genuine Whipped Cream

Made with

CREMO VESCO

and

THIN CREAM

or

HALF HEAVY CREAM and MILK

or

"TOP" of the MILK BOTTLE

The most up-to-date housekeepers and the finest confectioners, caterers, tearooms and soda fountains in the country use Cremo-Vesco. Domestic Science schools and University Extension courses recommend it to their pupils.

Send for a bottle today

Household size, prepaid, 30 cents
16 ounce bottle whips 75 quarts
of thin cream. \$1.00

CREMO-VESCO COMPANY

631 EAST 23rd ST., BROOKLYN, N. Y.

Quotation For the Day

THE majority of pacifists are people who, through a literal interpretation of the Bible or an inability to rise above a purely material valuation of life, believe that war, with its suffering and bloodshed and death roll, is the greatest of evils, and who persuade themselves either that Germanism is not the evil which it seems or that in some way, which they cannot explain, liberty will triumph if only hostilities are stopped. The out-and-out pacifist has usually no understanding of what liberty means. For all his professions he would take the risk of leaving the small nations of Europe under the tyrant's heel and the stronghold of militarism untouched. He would "condone" all the iniquities of the machine, from the ravishing of Belgium to the massacre of the Armenians. He would welcome peace even if it meant a reversion to a state of society which is in fundamentals the same as that out of which the war came. He cannot see that now is the appointed time for winning liberty and peace. Nor can he appreciate the immeasurable superiority of the warrior in the trenches, who has sacrificed everything for a spiritual ideal, to the "man of peace" at home, who spends his life in pursuit of excitement, pleasure or ease, or the wordy propagation of some fanciful creed of his own. He cannot see that the war itself is the birth-throes of that new world of which he himself dreams, in which the deviltries which make peace impossible will be overcome, and freedom and justice and honesty, the conditions of peace, are secured.— *From an article on "The Birth of a New World" in the Round Table.*

Not At Home

"Bobby, did you take that message to Mrs. Turner, as I told you?"

"Yes'm."

"And what did you find out?"

"Mrs. Turner."



WHEN FRIENDS MEET

there is always cordial exchange of greetings. The housewife blessed with wisdom born of long experience knows that

STICKNEY & POOR'S

EXTRA FINE

M U S T A R D

is an aid to appetite and adds zest to the flavor of home-cooked meals and keeps Stickney & Poor's Spices, Seasonings and Flavorings on the pantry shelf.

For Goodness Sake say Stickney & Poor to your storeman.
Your Co-operating Servant, "MUSTARDPOT."

STICKNEY & POOR SPICE COMPANY

1815—Century Old Century Honored—1918
BOSTON, MASS.

Mustards-Spices

Seasonings-Flavorings

THE NATIONAL MUSTARD POT

—“and here is
what I call
the Third Edition of
Sunday’s Roast,”
says
Mrs. Knox



Chicken Loaf with Pineapple Collars

Take two cups of any left-over stock, bouillon or diluted gravy, bring to the boiling point and add one envelope Knox Sparkling Gelatine softened in one-half cup cold water. When mixture begins to stiffen, add two cups of any cold chopped meat at hand, (veal, ham, beef or chicken). Also mold in a little red or green pepper, celery, onion if desired, or parsley. Turn into a square mold first dipped in cold water and chill. Remove from mold, garnish with sliced pineapple.

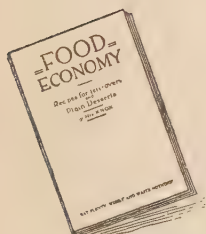
THIS recipe is one of the many that Mrs. Knox has worked out by practical kitchen experiment.

It is just one of those contained in her new book, “Food Economy,” that show you how to eliminate waste by the use of Knox Sparkling Gelatine.

And not only eliminate waste, but how to make left-overs into deliciously appetizing dishes that look so good and taste so good that it is a real household triumph to serve them.

So, you see, Knox Sparkling Gelatine is more than a dessert material—it is a real aid to patriotic housewives in keeping their pledge to Mr. Hoover.

Charles B. Knox Gelatine Co., Inc., 7 Knox Ave., Johnstown, N. Y.



Send for this Book

It is free. A post card request will bring it to you if you mention your dealer’s name and address.

KNOX
SPARKLING
GELATINE

all food, no waste

**EDUCATOR
CRACKERS**

Oatmeal (Order From Your Grocer) Triumphs
 Wafers Plain Grahams Golden Maize
 Animals Sweet Grahams Cookies
 Demi Tasse Water Crackers Grahmettes
 Johnson Educator Food Co., Boston

Trade Mark Registered.

Gluten Flour

40% GLUTEN

Guaranteed to comply in all respects to
 standard requirements of U. S. Dept. of
 Agriculture.

Manufactured by
FARWELL & RHINES
 Watertown, N. Y.

SEVEN-CENT MEALS \$1.50 per week
 per person: 42
 meals with recipes and directions for preparing each. 10c
 or FREE for names of two friends interested in Domestic
 Science.
 Am. School Home Economics, 503 W. 69th St., Chicago

**The same money
 that pays for poor
 stuff will buy the
 best if You ask
 for SLADE'S**

THAT NAME
SLADE'S
 PROTECTS
 YOU

**SLADE'S
 CINNAMON**
 1/4 LB. NET
 ABSOLUTELY PURE

Ask Grocers for
SLADE'S
 Spices and Extracts
 SLADE'S flavor most and
 flavor best.
 D. & L. SLADE CO., BOSTON, MASS.

Your Job

People are not "just accidents." There is a place for every human being that pokes his wonderful soul into this world.

There is a job waiting for every man with a purpose and a desire to take it up.

Goethe very aptly put it when he wrote: "We are not born to solve the problems of the world, but to find out where the problem begins and then to keep within the limits of what we can grasp."

There are exceptions to all rules. And it does seem as though many were born to a life of misfortune. But the world is very big. And the people are very many. And it takes a world longer to find itself than it does for a single man. But an eternity is long enough even for a world to find itself!

But you don't have to worry about a big world, if you will but honestly seek to find **YOUR** place — your job.

And it is usually the thing nearest to you.

In fact, quite obviously, your job is to do the thing that you feel you can do better than anyone else in the world.

Sometimes I get to thinking that a lot of the old-fashioned remedies are beginning to get scarce. The things that our fathers used to tell us that their fathers used to give them — for groggy ambitions, and sleepy intentions. Plain sense, for instance. And never minding the other fellow. Or anybody. Or anything.

Just tackling your job. And **DOING** it. — *The Boston Traveler.*

Meat Specialties for Banquet

At a recent food-conservation banquet in New York the menu was made up chiefly of vegetables with fish, no meat being served. The *Butchers' Advocate* suggests that such by-products as calves' brains, sweetbreads, beef tenderloins, smoked tongues, and the like be served at public dinners as parts of meat animals not wanted for the Army and Navy, and

SAFE MILK

— *For the Children*



Carnation Milk

From Contented Cows



FREE RECIPE BOOK—SEND POST-CARD TODAY

containing one hundred choice and tested recipes—many for meatless and wheatless dishes—sauces, gravies, puddings, cocoa, etc. Free to interested housewives.

CARNATION MILK PRODUCTS CO

358 Stuart Building, SEATTLE, U. S. A.

"Remember—Your Grocer can supply you with Carnation"

beyond the reach of the average consumer. These by-products must be eaten by somebody to facilitate economical marketing, and banquet use is suggested as an outlet.

Loyalty or Economy?

Join the food-conservation movement for your country's sake and not for the sake of the money saved. Wheat, beef, sugar and fats are as necessary to the armies fighting for us as bullets or ammunition. Rub out the dollar mark and enlist as "the man behind the Commissary Department," and you will make a pleasure out of what is an absolutely imperative duty.—*The Canning Trade*.

A colored minister of the Baptist church, so runs the story, in order to strengthen and confirm the faith of his congregation, took as his text: "In those days came John the Baptist, preaching in the wilderness of Judea." "Oh," said he, "how I like to read these precious words in the blessed Bible. You don't read any where about John the Presbyterian, or John the Methodist, or John the Episcopalian. No, brethren, it is John the Baptist."

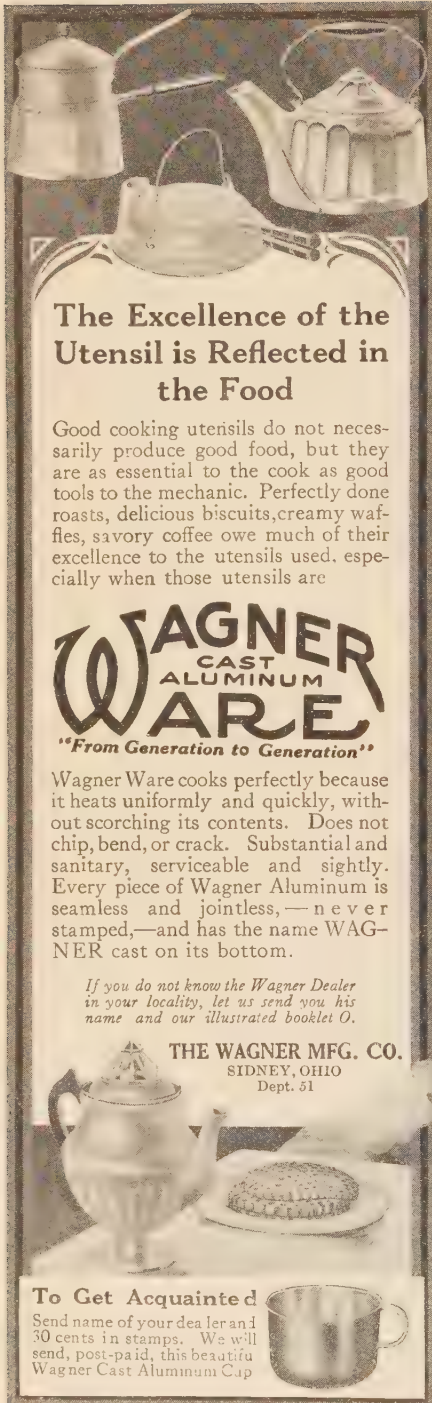
War Economy Book—Free

Mrs. Ida C. Bailey Allen, in the new *Teconomy Buttermilk Book* tells how you can actually improve the tastiness and nourishment of your meals while conserving the Nation's food supply. She also suggests some new, tempting menus and gives recipes for twenty-five, easily prepared, delicious dishes, which you can make with the help of TECO.

If you will send your grocer's name and address, we will mail you this helpful booklet FREE.

If your grocer does not keep TECO, send us 12c in stamps (15c west of Rockies), together with your grocer's name, and a full-sized package will be sent post-paid. See advertisement on back cover.

ADV.



The Excellence of the Utensil is Reflected in the Food

Good cooking utensils do not necessarily produce good food, but they are as essential to the cook as good tools to the mechanic. Perfectly done roasts, delicious biscuits, creamy waffles, savory coffee owe much of their excellence to the utensils used, especially when those utensils are

WAGNER
CAST ALUMINUM
WARE
"From Generation to Generation"

Wagner Ware cooks perfectly because it heats uniformly and quickly, without scorching its contents. Does not chip, bend, or crack. Substantial and sanitary, serviceable and sightly. Every piece of Wagner Aluminum is seamless and jointless,—never stamped,—and has the name WAGNER cast on its bottom.

If you do not know the Wagner Dealer in your locality, let us send you his name and our illustrated booklet O.

THE WAGNER MFG. CO.
SIDNEY, OHIO
Dept. 51

To Get Acquainted
Send name of your dealer and 30 cents in stamps. We will send, post-paid, this beautiful Wagner Cast Aluminum Cup

War Time Menus for Church and Club Banquets

I

Scalloped Oysters
Philadelphia Relish
Barley-and-Wheat Parker House Rolls
Canned Peaches
Cottage or Cream Cheese
Oatmeal Cookies
Coffee

II

Chicken à la King
Macedoine of String Beans in Tomato Jelly
Lettuce, French Dressing
Rye Bread Oatmeal Bread
Chocolate Eclairs
($\frac{1}{4}$ cup corn flour, $\frac{1}{2}$ cup white flour to 1 cup water, $\frac{1}{2}$ cup shortening [vegetable] and 3 eggs)
Coffee

III

Halves of Grapefruit
Creamed Fresh Fish au Gratin
Scalloped Potatoes
Mayonnaise of Sliced Eggs on Lettuce Hearts
Barley or Rye Rolls
Hot Baked Indian Pudding, Vanilla Ice Cream
Coffee

IV

Roast Leg of Mutton
Mashed Potatoes
Rice Cooked with Tomatoes and Cheese
Home made Pickles
Hot Virginia Spoon Corn Bread
Hot Gingerbread, Marshmallow Sauce
Coffee

V

Cold Boiled Tongue
Potato Salad
Hot Succotash
Hot Boston Brown Bread
"Fifty-Fifty" Baking Powder Biscuit
(whole wheat and barley flour)
Delmonico Pudding with Peaches
Coffee

VI

Hot Corned Beef-and-Potato Hash or Cold Corned Beef and Scalloped Potatoes
Lettuce, Lima Beans (dried) and Green Peppers, French Dressing
Oatmeal Bread Cornflour Bread
Frozen Apricots
Coffee

VII

Fresh Fish Chowder
Hot Boston Brown Bread
Oatmeal Bannock
Home made Pickles
Delmonico Rice Pudding with Jelly and Meringue
Golden Drop Cookies
Coffee



THE OLD SCHUYLER MANSION, ALBANY, N. Y.

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Where Hamilton Wooed and Won Betsey Schuyler, a Revolutionary Belle

By Harriet S. Gillespie

ONE of the fairest pages of American history is written around the walls of the old Schuyler Mansion in Albany, N. Y., just restored to its former beauty and dignity by the Daughters of the American Revolution; for it was there Alexander Hamilton, the gifted young American, met and married Betsey Schuyler, the youngest of the doughty General's fascinating daughters.

Of all the historic landmarks this society has rescued from oblivion, none holds more delightful memories, for the lover of history and romance, than this stately Colonial home on the banks of the Hudson. As the home of General Philip Schuyler, hero of the French and Indian War, it was the storm center for an unremitting warfare waged by the hostile tribes of red men against the white settlers.

It became the base of operations for the series of battles that form such a glorious part of American history. It was the rendezvous for the officers of the Colonial forces, from General Washington down, and was the scene of many brilliant social events, for General and Mrs. Schuyler had a family of beautiful daughters who served as a lodestone to draw all the eligible young officers to this hospitable roof.

Mrs. Schuyler, as Catherine Van Rensselaer, was the great, great granddaughter of Killien Van Rensselaer, the first Patroon of Rensselaerwyck, and her family and social connections included the best blood in the country. She was

the mother of eleven children, of whom Elizabeth, or Betsey as she was fondly called, was the youngest.

In those days hospitality was an art sedulously cultivated, since the Colonial families of distinction frequently lived isolated lives, owing to the vast estates and the difficulties and dangers of travel. So General Schuyler, old time gentleman that he was, welcomed the stranger within his gates and extended the warm hand of hospitality to the notable travelers who passed that way.

The beautiful old Colonial home on the banks of the Hudson was always filled with a host of guests, of whom Lafayette was a shining example. Benjamin Franklin, Samuel P. Chase and Charles Carroll, representing the Congressional Committee, were entertained there, and later General Burgoyne and suite made it their home.

The big house was invariably the goal towards which the youthful gallants of the day bent their steps, for the Schuyler girls were a bewitching lot, full of gay spirits and tantalizing enough to keep not only the young men speculating, but their conservative parents as well. And history vouches for the truth of the general notion that this delightful and worthy couple had small success in keeping their irrepressible daughters within bounds.

The story of Angelica Schuyler is a romantic one, having all the earmarks of a good old-fashioned love story. Being one of the most popular of the Revolutionary belles, she had scores of devoted

admirers, but it was upon a talented young British officer she bestowed her heart and eloped one night from the parental mansion in a coach and four. As it happened there was no especial objection to the match, but those were the days of romance.

Both Peggy and Cornelia Schuyler soon followed suit, so Elizabeth, or Betsey, was the last of the General's daughters left with heart untouched, when young Hamilton, aide and close friend of Washington, appeared on the scene. Though young in years, the gifted American had tasted the fruits of power and popularity, yet he was unspoiled to a degree. His heart and mind was engrossed with the heavy burden of trying to provide financial support for the prosecution of the war, and he was minded to refuse his Chief's request that he proceed to Albany to confer with General Gates

in obtaining fresh troops for the army after the surrender of Burgoyne.

It was a dangerous and delicate mission which he finally consented to undertake, for his road lay through a hostile country, and the trip from Whitemarsh, General Washington's headquarters, covered several days. But it was an imperative task, for the army, depleted after the Battle of Brandywine, must get reinforcements at any cost. Failure to do so might lose the war.

To no one but Hamilton would General Washington entrust negotiations, so reluctantly the young statesman started on his difficult journey. The trip was made safely, and on reaching Albany Hamilton got in touch with his friend Troupe, who, after furnishing his guest with rest and refreshment, suggested that they pay their respects to General Schuyler at the big house on the hill.



THE STAIRCASE, SHOWING MARK OF THE TOMAHAWK ON THE HAND RAIL



A RARE TYPE OF COLONIAL MANTEL IN THE DINING ROOM

Hamilton had already met Angelica Schuyler in New York and had been tremendously impressed by her beauty and vivacity. But the moment the handsome young aide entered the famous white hall of the mansion and his eyes fell on the lovely Betsey Schuyler, he knew he had met his fate. And, though history attributes many affairs of the heart to the gifted American, his devotion to his lovely wife was the one great passion of his life. And though she lived to be nearly 97, she retained all her faculties, and was faithful to his memory.

It was not long after that first memorable meeting in the white hall that Alexander Hamilton and Betsey Schuyler were married in the spacious drawing room before the exquisite Colonial mantel that has served as a model for innumerable duplications. All the original detail of this handsome room has been restored,

and the wainscoting, pure and chaste in modeling and design, forms the basic feature of the wall covering.

Above is wall paper reproduced from the original wood blocks; it shows conventional landscape medallions in panel effect, colored in green, buff and brown. This meets a delightful carved cornice, the motive a Colonial one, exquisitely modeled. It has been the aim of those interested in its restoration to furnish the house, as nearly as possible, in the same style of the period, and not a few of the original pieces of furniture have been presented or loaned by descendants of the Schuyler, Van Rensselaer or Hamilton families, a fact which enhances the beauty of the rooms to a remarkable degree.

The mantels, alluringly beautiful in design, have been justly popular as models for modern reproductions. The famous

old staircase holds a peculiar interest, not only because of its exquisitely modeled spindles, of which there are three designs, but for the reason the mark of the tomahawk is to be seen on the mahogany hand rail just above the newel post. The cut is wide and deep and is a constant reminder of the militant warfare carried on by the savages against the white settlers of the North.

It is greatly to the credit of the State Architect, Lewis Frederick Pilcher, that the Schuyler mansion has been so charmingly re-modeled, for no detail of domestic architecture common to the period has been forgotten. Wherever an original lock, hinge or escutcheon was found intact, it was reproduced accurately, so

the old house stands in nearly every particular a replica of the Mansion of Colonial days.

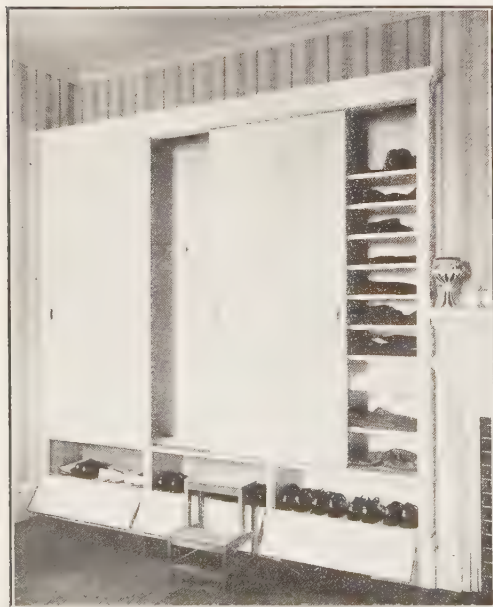
In the attic are to be seen the old oaken beams, still staunch and sound, of which the house was built. The roof, broken along each side by dormers, gives evidence of massive strength, and though it has weathered 150 years of storm and sunshine, it looks as though it were good for as many more. There is much in the old house to enjoy and ponder over, but no one thing holds such a potent power to bring back the past as a childish scrawl or penknife picture of a ship with beneath it the words, "Philip Schuyler — His Ship" — etched in the paneling of an attic window.

Her Closets

By Winifred Wales

MY mistake! I am quite willing to admit it now, for it all happened so long ago.

We had been married three years be-



CLOSET FOR THE MAN OF THE HOUSE

fore; now the subject of housebuilding came actively to the front. We had lived in a small city apartment, steam-heated, electric-lighted, parquet-floored, and "with every modern improvement," but Millicent felt that a change was necessary. "It is so hard to keep things in order," she said. I hadn't noticed the difficulty, my possessions always seemed to be in the right place, — shoes at hand when I dressed for the evening or street, slippers in the nearest available spot upon my return from business, hats, caps and canes within easy reach. "What's wrong with this?" I asked.

"There's no room to put anything."

"Why, my dear, everything seems to be somewhere; what do you mean?"

"Yes, Jim, that's just it! Everything is somewhere and nothing is anywhere; so let's build a nice little home in the country, all closets, with a kitchen stove, a sun-parlor, and a porch thrown in somewhere. It won't be expensive."

"Of course, Millicent, let us do that at once. You know my salary, but no

doubt you will find a way to carry out your scheme. Shall we have a room or two also, and a place for the bookshelves?"

When I returned that evening Millicent met me with a sheaf of large papers covered with drawings, and proceeded with a very necessary explanation, for my wife's talents do not lie along the lines of visible representation.

"No," I objected, "no, my dear, I cannot live in a hotel corridor. Those rows of doors would so depress me that my evenings would be spent away from home and my days would always be charged with gloom. Cut out some of the doors, Millicent."

"We need every one, Jim, dear. I've already taken away five, and not one of these can be spared." And she gave me an account of what was to be behind every one of those twenty-five wooden slabs.

"I can't see it! Why expand so? Concentration is as necessary in closets as in thought, and I can't afford so much lumber either, or so many broken wall-spaces. My pocketbook won't stand the one, and my brain refuses to consider the other, and think of the effect on my disposition. I shall always be plunging into clothes hampers when I want to go down cellar, or bumping my nose against the shoe shelves when I'm hunting for my golf sticks. No one can ever remember what's where with such an arrangement,—it is much better right here." And I looked about the cozy little room innocent of all doors save one.

Millicent is very sensitive to vocal tone values, and I was tired that evening.

"Of course, Jim, you are right. You are always so helpful to me in making all sorts of good suggestions, and tomorrow I'll try to change those closets. Let's come to dinner and then I'll read that new book to you. Closets are stupid things; we'll drop them."

I knew what all that meant. One learns much in three years, and I already saw those closet doors—all twenty-five of them—swinging in and out and causing me dire dismay at every turn.



FOR VACUUM CLEANER, ETC.

Weeks passed,—months; plans grew. Jim Jr. and Baby Helen grew and waxed so strong that we felt the house in the country must become a reality at once.

My friend Tenny came frequently, and with his architectural suggestions guided our floundering thoughts into the calm waters of a possible expenditure. But the closet problem remained a subject of controversy. Quoth Tenny: "Isn't this a little extreme, Mrs. Bolgart? Four,—no, five—closets in one room seems a trifle overdone, possibly; at least we might consider the advantage of a little more open space, perhaps. Now if you would surrender these two corners?"

"Yes, indeed, Mr. Tenny, I would if I could, but it isn't possible. You see that is the nursery, and my children are

to learn that order stands not one inch behind cleanliness in its relation to godliness: indeed, may even lead to it. The nursery is to be kept in order by the children, and that is why so much space is given to closets. I may add that the closets are also to be kept in order." Millicent didn't even glance at me when she said that; she is a rare woman in many ways.

The house was built and we moved into it twelve years ago. The family training school has been those twenty-five closets, and not one of us could exist without each and all of them. I preen myself joyfully at the remembrance that the book alone was my idea. A little hall ran along from a side door to the main entrance hall, cutting off a three-foot strip from the living room. I punched in the wall in the middle and lo! a place for books, while from the hallways, at either end, two small closets were secured for wraps, cloaks and so forth.

A little strip in the main hallway also seemed superfluous, and Jim Jr. has his own coat corner in half of it, while Millicent's flower bowls and garden baskets and my cameras find a home on the other side.

I have never plunged into the hamper, having learned in a short time what was behind the closed doors in the upper hall pertained strictly to the housekeeping end of my establishment. Linen closets, shelves for soaps, brushes, shoe polish,—the masculine mind avoids such details.

Neither do the sewing room extensions interest me especially, although Millicent finds them a never-failing source of delight; "so many shelves and such perfectly graduated drawer spaces." She never forgets what is on or in every one, and no other person may touch their contents, save little Jeanne, who is growing up in the footsteps of her mother, and will, no doubt, at some future day teach an absent-minded husband the beauty



THE KITCHEN CLOSETS

of arrangement as applied to the home.

It seemed as if I must tiptoe up to this, when its daintiness was first revealed to me, and I gloat over the little feminine touches that Millicent has taken the time to spend upon it. So little time does she give to herself and her personal possessions, so much to every one beside. I think she seldom stands long between the two full-length mirrors, but she likes to know that they are there.

Surprising that a foot and a half less can have so much more than a foot and a half value in our closet space! Four small compartments in our bedroom have preserved our best cloaks and coats and our best tempers full many a time and oft. At least, this was true as soon as I could remember which doors were mine and which were Millicent's. Just at first — but that is long ago.

For my wife's sake I could wish that the shoe compartments appealed to me more. Personally I like my foot gear where I can look down upon it, but the practical utilization of otherwise idle space touches me, and no one has ever heard me object to stretching in to a far corner for my pumps, or climbing a step ladder for my tennis shoes.

Our dining room, kitchen and adjacent pantries prove the truth of that line: When in doubt, insert shelves, — a door! At first, it seemed like a disease; now we are all convinced that it is the normal condition, and that it has kept away un-

told wrinkles, worry and wear from one woman's face, at least.

The cedar-lined store room at the top of the house has not been called upon to protect many furs, and its numerous chests, boxes and wrapped garments still leave it far from filled. Hither the master of the house (I don't mean Millicent this time) occasionally withdraws for an hour of complete silence, and from it he emerges with a complete sense of the repose arising from the knowledge that behind closed doors expectant silent spaces wait, offering relief from the confusion and congestion of ever-present "things."

There is one closet that my wife keeps always locked. Sometimes we go there together; often she goes alone and comes away with a deep quiet look in her eyes and her lips firm and still. It is in the nursery, not near the three large places where the older children have their possessions, but in a corner on the other side. We open the door. A painted rubber ball lies on the floor beside a well-worn set of blocks and a broken plate. The dust is thick upon them, for they have not been touched in eight years; it is Henry's closet still.

We shall never move from this house, if the decision is left to us. It has solved many problems, made many crooked things straight and waste places smooth, and the secret lies, to no small degree, in the care and thought given to those numerous walled-in spaces, — Millicent's closets.

Spring In The Woodlands

Spring in the woodlands, Spring in the meadow,
Spring in the garden, where violets are blue.

Brooklets are dancing,
Bird wings are glancing,
The hillsides are fair with the first tender hue.

Blossoms are spread like a tapestry priceless,
Orient opulence over the land.

And skies have grown bluer,
And hearts have grown truer,
For the magic of Springtime but few can with-
stand.

Wizard Spring, did you learn from Merlin,
Spells and sorceries strange and old,
That when the Earth was mute,
You, with your fairy lute,
Waked her to ecstasy from death and cold?

— *Christine Kerr Davis.*

Planting Victrola Seed

By Lalia Mitchell

STEPHEN JR., was six years old and Daddy Stephen was thirty-six, and yet they were as much alike as peas from the same pod. Stephen Jr. had his father's way of laughing at a joke, his father's sense of fairness—that sometimes caused his mother to wonder if it were not uncanny for a six-year-old boy to decide that he should go to bed alone in the dark, because it wasn't right to expect mother to climb the long stairs and lie there when she wasn't sleepy, and there were so many pleasanter things to do down stairs. He also had his father's determination, and his mind once made up to a certain thing he held to it with a persistence that awakened respect, even when it meant breaking precedents, rather than attempt to break an unbreakable will.

The first real difference of opinion between Stephen Jr. and Daddy Stephen came shortly after Stephen Jr. had entered school. His mother had always dreaded the first clash between the two wills, and was accordingly anxious as to the outcome. It happened in this way. The school had a victrola and Stephen Jr. came rushing home to tell Stephen Sr. that their house was wholly incomplete, and that only the speedy purchase of a victrola could make it like unto the houses of William and Richard and Mike and sundry other boys.

The cost of a victrola did not suggest itself to Stephen Jr., indeed, it did not to Daddy Stephen, for the price would have made no appreciable drain upon his bank account, but Daddy Stephen in his younger days had lived for several months in a house adjoining a phonograph that kept him awake until midnight and awakened him at dawn. He then and there vowed that no canned music of his purchasing should ever thus disturb his neighbors.

With what he supposed was a resolute

and final settlement of the question Stephen Sr. informed his son that the purchase of a victrola was quite out of the question,—said instrument, like all of its kind, giving forth, not music at all, but most unmelodious sounds. Stephen Jr. reiterated his belief that the purchase of one was a positive necessity,—and the supper bell ended the interview.

Then the persistency and courtesy of Stephen Jr., pitted against the persistence and courtesy of Stephen Sr., began.

Every night Stephen Jr., with guileless frankness, told his father what records had been played at school. When he mentioned some especially admired one, he added, "We'll have that just as soon as we get our victrola." Sometimes Daddy Stephen reaffirmed his statement that no such purchase was to be made; but the little laddie never argued,—he simply held to his determination that the coveted instrument should be his.

It was a month later that the supply of school records, having proven inadequate, the teacher decided to allow the children to get additional ones. There was an institute course in the village, and the offer was made that each child selling ten tickets should be allowed to select any record he chose from the local dealer's supply, said record being his own property, but to be loaned to the school for the entertainment of the pupils.

Stephen Jr. had his father's knack of persuasion, and soon his ten tickets were sold. At home the possession of the victrola record was duly reported, and pleased with the lad's enthusiasm, his father refrained from sarcastic comment anent the possession of a victrola record by a boy who had no victrola, and who was unlikely ever to have one. Why spoil the boy's pleasure and pride, if he could find pride in a bit of metal with a few meaningless scratches upon it.

Ten days later, at dinner Stephen Sr. found a victrola record under his plate. On one side were the words "When You and I were Young," and on the other "The Gingerbread Man." With the natural curiosity of the male animal, Stephen Sr. studies the record more closely than he had expected to, and to his son's question, "Don't you call that a dandy one?" was obliged to return the hesitating answer that he did not know enough about such things to give an opinion. "Oh, I forgot," commented Stephen Jr., "but teacher knows, and she says I made a fine selection for a little boy."

Stephen Sr. left the table with a sense of an injustice done him,—of a humiliation suffered. He wanted to be first in his son's opinion. The idea of a mere first-grade teacher being an authority on a subject about which he knew nothing. The knowledge lowered him quite as much in his own eyes as it seemed to in those of his little son.

That night he found the record under his pillow, the following day it was inside the folds of a newspaper. that he was about to read, then in his coat pocket and under his favorite book. When he found it in the pages of the big ledger in which he kept his accounts, he sought his little son, and with more sternness than he realized, began to question him as to the reason for what he termed so much foolishness. With eyes that looked into his own fearlessly and frankly, the boy explained: "I'm not quite sure myself, but you see I told teacher about your not liking a victrola and that, as, maybe, I could not have one just yet, she might keep my record at school all the time. But after I'd heard it a lot of times I got lonesome to bring it home with me, so I asked her please could I have it for a little while, and she laughed and said,

'Yes, maybe, if you plant it right, it'll grow into a victrola.' So I tried planting it, not out in the cold ground, for I love it more'n all my other toys, but under things like pillows and dinner plates."

Convinced of his son's good intentions, the storm clouds passed from Stephen Sr.'s heart, and when he found the familiar record under the auto robe as he was preparing to drive to town, he decided to leave it on the seat. If it rolled off it would be no great loss, as they were probably through with it at the school.

The record made the trip in safety, but before starting for home Stephen Sr. noticed that he had accidentally stopped his car directly in front of a store dealing in victrolas and records.

Why not take the thing in and hear it played. One of the titles suggested a song he used to know and love, and the other sounded interesting. Neither Mother nor Stephen Jr. would ever know, and what if they did? Hadn't he a right to hear a victrola if he wanted to? The clerk who waited upon him was possessed of both tact and understanding. Without question she played the record, and then without consulting him followed it with others of the kind which her keen insight told her would please the man and appeal to his sense of the beautiful.

The instrument, a high-priced one of exceptional tone, did the rest, and when Stephen Jr. returned from school that night a victrola, even larger and better than the one owned by the school, was proclaiming the joys of the Gingerbread Man.

Stephen Jr. also had tact, the rarest kind, which is inborn, so he greeted his father casually and said, "You pick out the records and I'll turn the crank when it needs it, 'cause I'm a dandy cranker."



The Food Habits of a People Without Nerves

By Henry C. Tracy

IT ought to interest an American to know that there exists, — or did exist, up to a short time ago, — a people of derivation similar to ours, having a temperament and mentality comparable to our own, who have adapted themselves to the life of cities without apparent loss to their constitutional vigor, and without the need of sending every second or every third generation of city-dwellers back to the land for revitalization. I refer to the tradesman class of Armenians, which has long been segregated from the agricultural division of the same race. The segregation arose mainly from political conditions — the absorption of whole areas of agricultural land by Moslems and a system of tax-brigandage that made it impossible for a Christian to live off the land in such areas. Aside from that there were causes economic and temperamental which do not concern us so much as the result, which is what I find instructive. Just consider this:

A people of Indo-European origin living sedentary lives in cities, the most congested on earth, barring China!

They are utterly ignorant of physical culture and know next to nothing of the laws of hygiene, personal or public.

They have been tradesmen and clerks, shopkeepers and the like for hundreds of years, yet are not degenerate physically or mentally; they are morally sound, prolific and progressive; they endure more than an American cares even to think of a human being enduring. Like a certain Rameses, who was annoyed with similar qualities in the Hebrew race, our modern Pharaohs realize that these people cannot be oppressed or ground down to extinction, — they have to be killed outright before they can be eliminated, — hence the mockery of the "deportations."

Well, how have they been able to do it?

Concede the inherited quality of racial "stamina." That this general name for a number of transmitted secrets of vitality explains a good deal goes without saying. It is the foundation for what has turned out to be a most illuminating, albeit unconscious, experiment in city dwelling: in other words, the persistent and successful propagation of the human plant under intolerable, inhuman conditions.

The American people, or, at least, the thinking element in it, is devoting more time and effort to the proper balancing and treatment of foods than any other people. We have to. Even the food-fads reflect a pretty pressing need along that line. But the curious thing about the food habits of the strangely interesting, strangely unhappy people of Armenia is that they are unconsciously correct, and traditionally well balanced.

Specific foods, or preparation of them, are the least important factor, no doubt, but one or two certainly deserve mention. If, as Metchnikoff suggested, that efficient and wholesome agent of ferment, the "Bulgarian Bacillus," has anything to do with the longevity of the Balkan peasants, it seems even more reasonable to believe that *matzoon*, a milk culture of that same strain of acid-forming bacilli, used as a household commodity all through Armenia, may have a little to do with the health of the users. If, in addition to the various preparations of this that have been commercialized under patent, the simple, home-made article should become popular in the United States, perhaps we should be the gainers. In the native home of the ferment it is treated as a leaven; but, in addition, the housekeeper, who sets a dish of *matzoon*, sterilizes the milk she intends to use by heating it over water for half an hour. She then cools it to an experimental optimum

temperature, which she tests by the finger, — it is practically blood heat, — after which she adds her cup of “maya” saved from the last making. With any homely materials at hand she wraps and keeps this sufficiently pure culture warm over night, and then removes the covers. A characteristic and, to the initiated, an appetizing flavor appears in the milk, which, to one unused to it, has little to distinguish it from clabber. This apparent resemblance to a familiar and rather variable article makes our chief objection to what is, in its native home, the basis for a staple food, a dessert, a health restorer, a relish, and a summer beverage in almost daily use by every one.

If there is any one other specific food article that contributes to the health of the Armenians, and to their exceptional freedom from nervous affections, it is the pungent and soothing “lily of the vegetable garden,” against which neither Bedros Agha nor Mariam Hanum, nor their highly-educated son and daughter, have the slightest prejudice. Of course, sensible Americans know the value of the onion, too, and use it when they dare; but the free and unrestricted use of the bulb is set down here as one of the efficient factors in a program of health maintenance under city conditions, which, at the least, we should not overlook. It has two aspects: first, the onion is food, physically and chemically, of marked value: second, it is flavor, and contributes to the savoriness of pretty nearly every cooked dish known to these sturdy civilians.

This leads to a consideration of the more fundamental thing, which is the essential simplicity and the physiological soundness of the Armenian’s habitual diet, to which, rather than to any particular food or mode of preparing food, I attribute its proved merits. This includes several features, of which the first is balance. As I have already pointed out, this is based not on science but on usage; but the thing is experimentally and solidly correct. There seems to have

been acquired a national instinct for the right combinations and proportions of fat, protein and carbohydrates, together with the rendering of them digestible and most assuredly appetizing. If a reader should fail to grasp the fact that this is rather notable, or should assume that all primitive people or unmixed races build up similar usages, I need only remind him that we have in our own country a number of primitive and segregated usages that have developed under apparently favorable conditions, but which are anything but sound or balanced. One instance will serve. We were speaking of the fare of the ranchers in a certain section of the intermountain region. One who had seen much of it and its results on the constitution said:

“They eat ‘hot bread,’ salt pork and potatoes the year round; roast spare-rib and sausage when they can get them. They seem to be hardy enough when they are young, but as they get older they begin to look pasty-faced and soggy, even before they are mature.”

In contrast to this, and to its opposite, — the habitual eating of twice as much of everything (from meat to sugar) as the body needs, — is the habitual menu of a native Armenian family: one principal cooked dish, into which has gone the fat and the meat that the system requires (but no more than that), and with which is eaten a bread supplying nearly all the carbohydrates and some protein. No dish that fails to do this is able to crowd out those that are in favor as stand-bys.

The second feature is the essential wholesomeness of the foods as prepared. Frying is eliminated. Slow cooking is the rule with everything but eggs. Incongruous mixtures fail to appear, and harmony with moderation seem somehow ingrained with the tradition.

The last and not the least fundamental tenet of the Armenian kitchen is that a meal must be appetizing as well as simple. A severe infliction of any plain boiled cereal or vegetable would be inconceivable.

ble. The word "*hamov*" means literally *having taste*; but our word "tasty" could never translate it. It means that the food is well seasoned,—but it implies that it has been so cooked as to bring out the best of natural flavor with an appropriate combination. For instance, boiled rice served plain might be digestible, but a good rice pilau would be "*hamov*."

To make a really oriental pilau one almost needs to have been born east of the Bosphorus. Some may essay to tell you how it can be done by a mere recipe; I shall not. There are, however, a few things that can very well be adapted to western uses and might easily become commonly known. I shall describe just enough to make the method intelligible, and it can be extended as far as one likes.

Summer squash, most of us would concede, is hardly the proper basis for a hearty meal. Yet it becomes precisely that when made into a

Squash Dolma

Choose young and tender squashes, preferably of the Italian variety, though the crook-necked and others will answer (the long cream vegetable marrow would be ideal), hollow them and season, taking care to rub the salt *inside*. Fill them with Hamburg steak, place compactly in the stew-pan, slice two or three tomatoes over the top and add boiling water. Weight with a heavy dish and stew slowly till the squash is done.

Of course, if one is to make a meal of this, it must be liberally provided and good bread (with gluten in it) be used freely. Assuming, however, that few American families would go so far as to adopt the simple-meal usage with the dish, it is in place to mention that a rice or a vermicelli soup to precede, and a salad course to follow it, would not interfere with the essential effectiveness of this typical combination; nor would a dessert of fruit or preserves.

Quite a similar dinner dish is made with cabbage leaves as a foundation. These

are treated with boiling water till soft, and then made into

Cabbage Dolmas

Equal parts of washed rice and raw hamburg steak are mixed, seasoned with salt, black pepper and a touch of red (if desired), and a heaping teaspoonful of the mixture is rolled in enough of the softened cabbage to hold it securely. The amount made of course varies with the need; but there is no loss, if an excess is made, for it is easily steamed the next day. The dolmas are packed tightly in the pan, just covered with water and held in position as before with a dish, simmering till the rice is done.

It is worth noting that such a dish as this of cabbage, rice and meat (which naturally has some fat) is unusually well balanced and wholesome. If one finds it appetizing, there appears to be no advantage in adding a large list of other foods merely to maintain a rather questionable demand or thoughtless habit. If I were to add anything at all, out of regard for tradition, it would be ripe olives, and a dessert of *matzoon*, or the nearest thing obtainable in its class.

If the reader will keep well in mind that the purpose of this is not to present a number of recipes as novelties, but to make clear an idea which any one who has the inclination can develop, the reason for the next sample recipe will be clear.

Spinach with Rice

Four small bunches of spinach are washed and prepared as usual. An onion (or half a one if preferred) is sliced and browned with butter or butter substitute. Half a cup of rice is washed and added with the spinach, and seasoned while being mixed with the onion. Boiling water is added in such quantity as the rice can quite or very nearly absorb. (On account of the varying bulk of the spinach no definite measure can be given.) Half an hour will suffice to cook this over the fire, and it may be served plain or with lemon juice or vinegar. As the main re-

liance of an evening meal, it leaves little to be desired.

Closely related to the above and of similar value is

Egg-Plant with Rice

One medium-sized egg-plant is peeled and cut into squares or divided slices. This is combined with half a cup of rice and prepared as directed for spinach. Add, however, at least half a pound of meat, either cubed or ground; (if the former, lamb is the best, if the latter, beef). For cooking allow more time, and do not permit to become either too dry or two watery.

There is no more wholesome method of preparing egg-plant.

The foregoing examples give a very fair idea of the sort of meals that a frugal and vigorous people have found, experimentally, to be the best possible meals for them and their children when living under the trying conditions of city life. That is why they are worth our attention. It is hardly necessary to add that there are in common use in the United States a number of wholesome meat and vegetable combinations that would exactly replace these for us, and be equally effective, if used as frugally, served as sensibly and cooked as well.

War Bread From Small Potatoes

By Robert H. Moulton

HERETOFORE the small potato has been *persona non grata*; nobody wanted it. The farmer, the market gardener, the grocer, the busy housewife—all shared in the opinion that the diminutive spud was mostly a waste. Like many a modest man, the small potato needed a crisis to show his true value to the world. The crisis is in the world war and the small potato is to help win that war.

The potency of the little spud in speeding up victory for the allies has been proven by over 200 experiments, conducted by Professor Perry G. Holden, noted agriculturist and food expert of Chicago. These experiments show that the much-despised small potato is about the biggest factor in the whole field of food conservation.

According to Professor Holden, one hundred million bushels of small potatoes will save as many bushels of wheat. There are 120,000,000 bushels of small and cull potatoes in the United States today. Every year fully 30 per cent of the potato crop consists of small pota-

atoes. These potatoes are wasted, because we do not think they are worth bothering with. We throw them away, allow them to rot on the ground or feed them to the pigs and chickens.

The experiments conducted by Professor Holden demonstrate that mashed or riced potatoes can be substituted for one-third the wheat flour used in making bread, and the bread will keep moist longer and be better in every way than bread made entirely of wheat or of a combination of wheat and other grains. Furthermore, this is equally true in making biscuits, doughnuts or pie or pastry crusts.

The military experts of the allies declare that man-power will win the war. Germany, they say, may be able to finance herself by printing paper money; she may be able to indefinitely provide herself with food and munitions, but she cannot build up her man-power as rapidly as it is being wiped out. Sooner or later, they declare, her fighting forces will be reduced to a point where she can no longer be efficient.

But to achieve this result the manpower of the allies must be maintained to its maximum, both in numbers and efficiency. America must furnish millions of men, and we must furnish sustenance for our own people and for the allies. This calls for food — particularly wheat.

The wheat bin of the United States and Canada contains 400,000,000 bushels less than the amount required, according to government figures. To make up this deficiency we are using larger amounts of corn, rye, barley, and oats for human food. But every bushel of our grains, which we pour into our wheat bin in this emergency, reduces the amount of these grains needed by our allies for animal feed.

According to the Department of Agriculture, Europe needs about 674,000,000 bushels of our small grains, other than wheat. North America has a surplus of 950,000,000 bushels, but the necessary reserve for neutrals, and the increased "carry-over" will absorb all the margin. So, when we substitute a bushel of rye for a bushel of wheat, we deprive our allies of that much rye.

It is this situation which is the key to the effectiveness of the little potato in speeding the war.

These 120,000,000 bushels of little potatoes, now practically wasted, can be substituted for the same number of bushels of wheat without reducing our supply of other cereals needed by our allies.

Substituting potatoes for one-third the wheat in making bread utilizes waste, saves wheat, saves other grains, gives us seven wheatless meals a week, or four wheatless months a year. It gives us bread that is moist and white and wholesome; bread that will not dry out quickly.

Here are some potato flour recipes:

POTATO BREAD.—Two-thirds a cup sweet milk; one cup potato; two cups flour; one teaspoonful salt; one-half a cake yeast. These measurements make one loaf. Heat the milk to the boiling point, then cool to lukewarm. Bake or boil the potatoes, then peel or mash or put through a ricer. Dissolve yeast cake in the milk; make a sponge as follows: mix milk, yeast cake, salt, sugar, all the mashed or riced potatoes and one-third of the flour. Beat well, let stand over night to rise; in the morning add balance of flour. Let rise until double in bulk, then mould into a loaf; let rise again to double in bulk, then bake forty minutes in moderate oven.

POTATO BISCUIT.—Two cups flour; one cup riced potatoes; three teaspoonfuls baking powder; one scant teaspoonful salt; one tablespoonful butter or lard; one teaspoonful sugar; sweet milk to make a dough which can be rolled for biscuit. Sift flour, baking powder, salt and sugar together. Work butter or lard into flour; add potatoes, which should be boiled or baked and put through ricer; then add milk to make a dough, which can be easily handled on board; roll out about one-half inch thick, cut with biscuit cutter and bake fifteen minutes in a quick oven.

POTATO DOUGHNUTS.—One cup sugar; one-half teaspoonful shortening; one egg; one-half cup sweet milk; one-fourth teaspoonful cinnamon; one-fourth teaspoonful nutmeg; two teaspoonfuls baking powder; one cup riced potatoes; two cups flour; one-half teaspoonful salt. Mix sugar, spices, salt and shortening. Add well-beaten egg and milk; beat well and add flour and baking powder, which have been sifted together. Mold on board and roll to one-half an inch thick; cut with doughnut cutter and fry in deep fat.



The War and Invert Sugar

By Emma Gary Wallace

WE have always taken sugar as a matter of course until the war changed the situation so materially that we now use it with a frugal hand, and where possible employ a wholesome substitute, such as molasses, corn syrup, honey, or maple sugar in its place.

All this has been brought about by a combination of circumstances. In the year 1917 the world's sugar production was 37,000,000,000, as against 42,000,000,000 pounds in the year 1914, this tremendous falling off having been occasioned by the destruction and non-cultivation of the beet fields of Europe. In addition to this, transportation facilities from one part of the country to another have been so seriously disturbed that the distribution is far from adequate even for that sugar which is now being produced.

The United States enjoys the distinction of being the world's greatest sugar consumer, — that is, in the aggregate. We used less per capita in 1917 than we did in 1914, — 82 pounds, as against 89 pounds per person. This means that the high price and scarcity have decreased the consumption approximately ten per cent.

Denmark heads the list of sugar users per person, with a showing of 93 pounds per capita; England, 90 pounds; United States, 82 pounds; Germany, 75 pounds; Norway and Sweden, 60 pounds; The Netherlands, 73 pounds; France, 40 pounds; Russia, 30 pounds; Spain, 15 pounds, and Italy, 10 pounds.

We are accustomed to think that sugar is sugar, just as "Pigs is pigs," but this is really not the case, for there are different kinds of sugar which chemists distinguish by the ending "ose." Thus, cane sugar is technically speaking sucrose; fruit sugar, fructose; milk sugar, lactose; grape sugar, glucose; sugar of honey is part dextrose and part levulose. Grape

sugar, strange to say, is not made from grapes, but from starch. Some of these different sugars are combined and we get a different grade and quality of sweets in consequence.

The war has led to a rather extensive manufacture of Invert Sugar, which has some very remarkable and desirable properties. To begin with, invert sugar is found by chemists to be almost identical with sugar of honey, being made up of dextrose and levulose. In fact, invert sugar looks and tastes like honey, for it is not a crystalized product like cane sugar, but a very heavy, sweet syrup.

It is made in different ways, but one of the simplest is to take sucrose (cane or beet sugar) and treat it with a dilute acid and heat. The chemical action of the acid, acting on the sugar, splits it up into almost equal parts of levulose and dextrose *peculiarly* combined with water. It is peculiar when you come to realize that the invert sugar contains fourteen per cent of water, and yet you cannot lessen this percentage by evaporation, or the application of heat. It is there, and there it is bound to stay. Invert sugar does not crystalize, neither does it ever ferment or sour. It has a greater sweetening property than sugar. It would be impossible to make as heavy a syrup as this from cane or beet sugar, for before it reached that stage it would crystalize.

Bakers and manufacturers have long realized the advantages of invert sugar, having used it in the making of crackers, cakes, macaroons, etc., to prevent these from drying out. It makes a moist food which does not part with any of the water originally held by the invert sugar.

This product is usually slightly cheaper, pound for pound, than granulated sugar. If it is subjected to low temperatures, it will become a semi-congealed mass, or

like a thick paste, but the application of heat will quickly liquefy it again.

When we make jelly we practically manufacture a form of invert sugar, in that the fruit acid, acting on the granulated sugar, produces a form of inversion. This is partly what happens to ordinary sugar when it is taken into the stomach, and so this form of sweet has been called "ripened or digested" sugar.

In the manufacture of candy, it can be used in part, but as the water cannot be driven off, other ingredients have to be combined with it to make a solid mass. The combination of invert sugar and fruit juices is particularly delicious, as the cooking of the fruit juices so often destroys the flavor in part.

For ordinary sweetening purposes, and where fermentation or crystallization is undesirable, its use is highly advantageous. The housewife can use it for dressings, griddle cakes, baking, and in various

other ways, and by using it at home it helps release a part of the dry product for shipping abroad. It is now being used very extensively in the manufacture of soda fountain products. As it neither crystallizes nor sours, it is ideal for this purpose.

Invert sugar comes in clear, water-white color, and in a rich, light brown. The brown is made from sugar waste, dark grades of honey, a combination of white invert with molasses, or from sorghum, for, as has been said before, invert sugar is manufactured in different ways. The brown product is favored by ice cream manufacturers, as it gives a rich color and body.

Every one who uses a considerable quantity of sugar will do well to investigate the possibilities of invert, both for the sake of the good things which can be made from it, and for the patriotic side of the case as well.

Sing Not Love

Singer, sing not love to me,
Sing me spring — its witchery,
All its spell of bud and bloom,
Flashing through the gloom.
Gentle singer, sing me spring,
But not its sting!
Ere you reach the ending, stay you;
Put not love in, singer, pray you!

Sing me youth and its emprise,
Sing not what in youth's heart lies.

Singer, sing not love, for oh,
Love has wrought in me his woe:
Love has made me love alone
Love. And so I make my moan.

Singer, say that yet on earth,
When Love goes, are things of worth
Lift my heart up. Give me wings
As when God the singer sings.

Light my eyes. Ah, singer, sing me
All that future years may bring me.
Hear my heart a-beating. See
You have set my spirit free,
Singer singing songs to me!

Sing me low
All the songs you used to know,
Singer, when you, too, were young.

But for gentle pity's sake,
If my wound you would not wake,
Keep not love your songs among.
Sing of hill and stone and tree,
But though sweet your song may be,
Singer, sing not love to me!

— Sylvia Long.

Milk for the Children—War Time or Any Time

By U. S. Food Administration

THE children must have milk. Let that fact sink deep into the consciousness of every mother and guardian of little children.

It makes comparatively little difference whether we "grown-ups" have as much milk as we are accustomed to use—but in order to make the coming generation what it ought to be in health and vigor, it is absolutely necessary that the children be given this basic food. A safe allowance for every child from two to six years old is three or four glasses of whole milk—as near to a quart as possible—every day.

The day's menus for a young infant are very easy to make out. He has milk for breakfast, milk for lunch, milk for dinner, milk for "tea," and milk for supper. Considering the fact that he grows so fast, there must be some magic quality in milk as a food. Let us look into the matter.

Should we evaporate the water from a quart of whole milk, we would have left about half a cup of the best food substances known to man. There would be butter fat, milk sugar (another kind of sugar and not as sweet as granulated sugar) and some materials which go to make muscles, bones, teeth and other parts of the body. And there would be some of that magic substance which helps the body to make use of food and be generally efficient.

Just because it is in liquid form don't imagine that it is just a pleasant drink to be listed with tea and coffee and water. It is real food.

"But skim milk isn't any good," someone says. Banish the thought! A quart of skim milk contains practically all there is in whole milk excepting the butter fat. Just as it is, it is one of the best meat substitutes you could use. It is very, very valuable, and not one drop of it should be thrown away.

In fact, when your voting ticket reads

Skim Milk	Whole Milk
Clean X	Questionable—Dirty

you had far better put a check on the left-hand ticket, for, even allowing for the fact that no butter fat is present, the skim or separator milk contains, in a quart, about a third of a cup of solid food dissolved or floating about, which is quite worth while considering. But the children's milk must be whole milk, or supplemented by a generous use of butter on the table.

There may be another vote which you will feel called upon to make. Because we have spoken of evaporating milk to determine how much solid food is present, do not conclude that the evaporated or condensed milk would be better to use than fresh milk. The "canned" milk may be used when no other can be obtained, but parents should first try in every way to secure fresh milk for their children.

One of the most delightful memories of "bib and tucker" days is that of the "bowl of bread and milk." That dish satisfied as probably none other ever will, and there is a reason. It contained almost everything that was necessary for a meal for any one.

When bread and milk is served as a child's supper, it is well to use toasted bread, or bread at least a day old. If skim milk is used, the bread should be spread with butter.

Milk, taken as a beverage, is only one of the ways of serving it. When the child is about two years old milk may begin to be supplemented by other foods.

It may be used on cereals, it may be used to make milk toast or creamed toast, or it may be used to make cocoa, or milk soups.

Occasionally one comes across the child with a prejudice against milk, who refuses to drink it. This need not discourage any mother. Simply serve it combined with other foods and say nothing. But be sure that every child gets three or four glasses of whole milk every day, in some form.

An interesting pamphlet on "Milk as a Food for Children" has just been issued, and should be in the hands of every mother in America. It will be sent, free of charge, on request. Write to the Children's Bureau, Washington, D. C.

If Bobby doesn't like his cereal with milk, serve it to him with a little syrup, jelly or fruit and never whisper the fact to him that it was cooked in milk instead of in water. Skim milk may often be used for cooking cereals and many of them will absorb many times their own volume, when cooked in this way.

If Virginia declares she is too big to drink milk, give her a cereal milk pudding — only call it by another name.

Rice Pudding

1 cup milk	$\frac{1}{8}$ teaspoonful salt
$1\frac{1}{2}$ tablespoonfuls rice	Speck of ground nutmeg or cinnamon or the grated rind of $\frac{1}{8}$ of a lemon
$1\frac{1}{2}$ tablespoonfuls honey or corn syrup	

Wash the rice thoroughly; mix the ingredients and bake three hours or more in a very slow oven, stirring occasionally at first.

Indian Pudding

3 tablespoonfuls cornmeal	$\frac{3}{8}$ teaspoonful salt
1 cup milk	$1\frac{1}{2}$ tablespoonfuls molasses

Heat the milk. Sift in the cornmeal as in making mush. Add salt and molasses. Turn into oiled baking cup, put cup in a pan of water and bake very slowly about two hours. Serve with cream or crushed fruit.

This Boiled Custard may be served in

place of cream on desserts when cream is scarce.

2 cups milk	$\frac{1}{4}$ cup honey or syrup
3 egg-yolks	$\frac{1}{8}$ teaspoonful salt
	flavoring

Heat the milk in a double boiler. Thoroughly mix the eggs and sweetening and pour the milk over them. Return the mixture to the double boiler and heat it until it thickens, stirring constantly. Cool and flavor. If the custard curdles, remove it from the fire and beat it with a Dover egg-beater.

Scarcely a child exists who does not like junket, floating island, tapioca custard or baked custard, to say nothing of ice cream. Yet all of these are successful ways of using the necessary milk.

Junket

1 cup milk	1-16 teaspoonful salt
$\frac{1}{2}$ cup honey or syrup	Few grains of nutmeg or cinnamon
$\frac{1}{2}$ Junket tablet	

Warm the milk to about the temperature of the body, crush the tablet, and add it with the other ingredients to the milk. Pour into dishes and place in a warm (not hot) place to harden. Cool before serving. Serve with cream or crushed fruit.

Floating Island

Make a regular boiled custard, but use the whites to serve with it in the following manner: Beat whites until stiff, sweeten them a little and cook them in a covered dish over water which is hot, but not boiling; or cook them on top of the hot milk which is to be used in making custard. Lift them out carefully with spoon and place on top of the custard. Decorate with small bits of jelly.

Tapioca Custard

$\frac{1}{2}$ cup pearl tapioca	$\frac{1}{2}$ cup honey or corn syrup
1 cup milk	Speck of salt
1 egg-yolk	Flavoring

Soak the tapioca in water for an hour or two, drain it and cook in the milk until it is transparent. Proceed as for boiled custard.

“Young in Years, in Judgment Old”

What the Young Housekeeper did with a Little Meat

By Julia Davis Chandler

THE meat man gave her four slices off the lower part of the beef leg,— a soup bone with meat,—for twenty cents (California, January, 1918.)

This meat the young housekeeper simmered for hours with water, salt, pepper and barley; when the meat was tender, she removed it from the kettle and added a half-can of tomato. This rich barley soup was used for two meals for four persons, with bread and dessert.

Next she ground the rather dry soup meat in the grinder with two raw carrots and fresh, mild red pepper. This she moistened with a thick brown gravy and a little milk for baking, putting two cups of crumbs on top. It was not a loaf that would turn out, but a casserole dish, served from the dish by spoonfuls.

Again it served as a meal for the family, and a little was left, which she patted into cakes, rolled in flour and browned, using the half-can of tomato remaining of the first day's soup for a tomato sauce.

The fragments still remaining she added

to a cup of cold roast and minced all well, moistened with milk and turned like a hash upon toast, garnished with parsley.

This is an “ower true tale,” hardly believable if it had not been done. Remember, the barley made a sustaining soup and added bulk and the meat flavor.

And still other ways in which she uses the same cheap, lean cuts of meat are these: Cook the soup as above and take the meat for main course, finishing it in this manner. Use the half-can of tomato left from the barley soup, and add a chopped green or red mild pepper; in this sauce heat the meat, cut in neat pieces. Serve with a border of boiled rice. The meat should be gently stewed in the tomato until well flavored through with it.

Another way is to cover a platter with toasted bread, then fry the ground meat in a little fat and pour over it, and over all turn a sauce made from the half-can of tomato left from the soup.

O Lowly Spud!

O lowly spud, when you are served
As appetizing substitute
For precious wheat, we'll not dispute
That much of it will be conserved!

You easily can constitute
A meal, when served with cheese and fruit,
O LOWLY SPUD!

Our muscle will be well preserved
By your starch granules, so minute;
You'll save the crisis, so acute,
For you the honors are reserved,
O LOWLY SPUD!

— *Caroline L. Sumner*

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(Signed) HERBERT B. BAILEY.
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The Woodland

The crimson fires burn there no more,
That late the autumn lit,
And brooding in their ashen cloth,
The faded thickets sit.

But when the spring with lilt and song
Shall thread the woodland aisle,
Each thicket shall arise from grief
With green and cheerful smile.

So in the heart where shadows brood
In sackcloth covering,
Love comes with beauty and with song,
And lights the dusk with spring!

Arthur Wallace Peach.

CO-OPERATION OR COMPETITION

“AN inscrutable Providence has made inequality of endowment a fundamental law of nature, animate as well as inanimate, and from inequality of physical strength, of brain power and of character, springs inevitably the fact of inequality of results.” People differ so much in natural capacity and acquired habits that more or less competition and rivalry must exist in practical life. We are not all alike industrious, thrifty and ambitious to achieve. As many men, so many minds, so many traits of character. Hence, competition cannot well be done away with, entirely, in active life. Nevertheless, it is a selfish policy, which carried to an extreme limit leads to bitterness of feeling, enmity and war among rivals.

Co-operation is a stronger, better word. The idea it conveys is quite different from that of competition. In operation it engenders no thought of hostility or of rivalry, unless it be in matters of well-doing. As a rule of conduct or method of industrial activity, co-operation means much; it points the way to a social condition that is ideal and world-wide. Moreover, the statement is made, “The most effective preventive against extreme State-Socialism is frank, free and far-reaching co-operation between business and trade unions, sobered and broadened increasingly by enhanced opportunities, rights and responsibilities.” Manifestly, then, co-operation is the nobler way, the spirit to cultivate today. We must all work in harmony and pull together, in order to achieve. United we stand, divided we fall, or, to repeat the old witticism of Dr. Franklin, “We must all hang together or we shall all hang separately.” This is no time for indifference or partisanship. We each and all are Americans. In every conflict there is a moral issue at stake. The moral issue was never more clear than in the present world-wide conflict. In the long run, too, the spirit of this moral issue

shall decide the victory, else wrong rules in the universe.

WHEAT SUBSTITUTES

MANY housekeepers are in a quandry as to what they are to do with their wheat substitutes — how to use them fitly or to advantage. Of course, the main object is that wheat be conserved to go elsewhere; that is, where the need is imperative. Naturally each housewife will choose the items she needs most and can make the best use of. These are to be prepared and served in dishes that will find favor and approval at the family table. Individual or family preference and taste are to be regarded. Habitually or occasionally, one family may like rolled oats, another buckwheat cakes, corn and barley bread, while a third may prefer dishes that contain more or less rice. In the number of articles available as substitutes and the variety of dishes that can be made therefrom there is ample occasion for agreeable choice and change in diet.

The potato is destined to become a most important factor in the matter of wheat conservation. Most everybody is fond of potatoes. They are easily digested and wholesome. They have a place on the bill of fare that nothing else can so well supply. It is estimated that the potato, by its extensive and varied uses, can take the place of one-third, at least, of the grains so much needed by our allies. As the days go by, the potato, along with other vegetables, will be a conspicuous object in all our markets. As to the possibilities of potatoes, there are fifty ways of using them other than as a vegetable. Potatoes, vegetables and fruit, then, may well appear on our tables at every meal.

In this matter of wheat substitutes, many helpful suggestions will be found in the present number of this magazine, also in the numbers that are to follow. In this number, these suggestions appear on another page under full-page headings,

also in the Seasonable and Tested Recipes, some of which are illustrated.

HALF-TRUTH PROVERBS

THE Boston clergyman who is preaching a series of Sunday evening sermons with familiar proverbs as texts, and with the avowed intention of showing that the proverbs are undependable, is an iconoclast of the sort that language and society are indebted to. Most of the old proverbs are but half-truths at the best. Some of them are not to be treated so charitably as that, but by long usage they often gain an acceptance as gospel truth and are used in a mischief-making way.

"Nothing succeeds like success." To paraphrase Pilate, "What is success?" And is it not often true that in many young lives a failure, or what seems to be failure, is the best thing that can happen? "Look before you leap," implies a delay and doubt, desirable enough in some cases, but fatal and utterly reprehensible in others. The necessary qualification takes the point from the proverb, as it does from "Speech is silver, silence is golden." There are times when silence is mud, and when speech, fearless and direct, is above diamonds and rubies.

"When in Rome do as the Romans do" is one of the worst of all the mischief-making proverbs, and is used as an excuse for more folly than all the sages of old ever invented proverbs to rebuke. "Seeing is believing," we are told, but the highest form of belief, the sublime faith that is the hope of the world, is based on the unseen — and it is better so. "Time is money," but how much more is time than that? "Love is blind" — as, yes, sometimes, no doubt, but no eyes so keen as those of love.

"A bird in the hand is worth two in the bush" does injustice to the song that comes only from the bird uncaught — distorts the value of distance and the virtues of anticipation and pursuit, and serves as an excuse for inexcusable acquisition. Similarly, "It is never too

late to mend" lures many feet too far along the path of folly and sin—for there can be no mending when delay has allowed the tattered garment to fall apart. Beware of the habit of mind that leads you to put reliance in half-truth proverbs. The age of a proverb, or the frequency of its usage, is no guarantee that it is sound at the core.—*The Boston Herald*

TIMES CHANGE—!

THERE was a time when tradesmen used to call, respectfully raise their hats, and inquire if they could oblige you by sending you a grocery order, meat order, or whatever they sold. Times have changed, however, and the tradesman in general—and grocers and butchers in particular—have ascended from their tasks of soliciting orders to the position of something resembling judges of the High Court. One enters a shop, nowadays, showing deferential respect to the proprietor thereof, inquires in the politest of tones if he can oblige with a little of this article or another, thanks him effusively if served, and goes home with a sense of victory by the side of which conquests of land seem insignificant. To go home with a joint, some tea, sugar, butter and margarine, is a wonderfully happy experience. At one time it was too much trouble for many of us to carry even a small parcel home; now we cheerfully stagger along under the weight of what we can purchase—and we would gladly attempt a larger load. What times!

—*Food and Cookery*

WE think the magazines are trying to do all in their power to co-operate with the Food Administration in urging housekeepers to observe the food regulations in letter and spirit. A few people may be more or less indifferent and fail to realize fully the situation, the needs of the hour and the sacrifices we must make. On the other hand there are those who are doing more than the regulations require. Families are not rare

who are cutting out, largely, wheat, meat, sugar and fat from their food supplies. Sweet is limited to molasses, fat to salt pork, raised on the home place, while the use of wheat is confined to a little white flour, combined with flour and meal of other grains. Can one do more? The so-called small farmer does well to raise supplies for his own family. If in any wise he can produce a surplus for the market, he will do so. The spirit of thrift, as well as of sacrifice, is abroad in the land. Everybody will render the very best service of which he is capable.

Cookery must be studied thoroughly in these days, for it must be remembered that the less food there is the more important it is to know how to utilise what is available to the best purpose.

On Bay State's Motto

"Ense Petit Placidam sub libertate quietem."

Peace! How we love her and the good she brings
On broad, benignant wings!
And we have clung to her, how close and long,
While she has made us strong!
Now we must guard her lest her power cease,
And in the harried world be no more peace.
Even with a sword,
Help us, O Lord!

For us no patient peace, the weary goal
Of a war-sickened soul;
No peace that battens on misfortune's pain,
Swollen with selfish gain,
Bending slack knees before a calf of gold,
With nerveless fingers impotent to hold
The freeman's sword;
Not this, O Lord!

No peace bought for us by the martyr dead
Of countries reeking red;
No peace flung to us from a tyrant's hand,
Sop to a servile land.
Our peace the state's strong arm holds high and free,

"The placid peace she seeks in liberty,"
Yea, "with a sword."
Help us, O Lord!

Bring out the banners that defied a king;
The tattered colors bring
That made a nation one from sea to sea
In Godly liberty.
Unsheathe the patriot sword in time of need.
O Massachusetts! Shouting in the lead,
"Peace! With a sword!"
Help us, O Lord!"

Alice Brown.



LIBERTY SANDWICHES WITH COCOA

Seasonable and Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

Oatmeal Soup

Have one quart of chicken broth boiling over the fire; sprinkle in three tablespoonfuls of quick-cooking oatmeal, stirring constantly meanwhile, and let boil five minutes; set into a double-boiler and let cook half an hour or longer. Two stalks of celery, or the equivalent in celery leaves, three slices of onion, six slices of carrot and three or four parsley branches may be cooked in the broth. When ready to serve strain and add three cups of hot milk with a teaspoonful and a half of salt. Use more oatmeal, if a thicker soup is preferred.

Bran Muffins

Sift together half a cup each of barley and wheat flour, half a cup, each, of rye meal and corn meal, or flour, one tea-

spoonful of soda, two teaspoonfuls of baking powder and three-fourths a teaspoonful of salt. Add one cup of purified bran, one-fourth a cup of molasses, two tablespoonfuls of melted shortening, one egg, beaten light, and two cups of sour or buttermilk. Mix all together thoroughly. Bake about twenty-five minutes in a hot muffin pan rubbed over with fat. This makes eighteen muffins.

Oatmeal Bannock

Mix two tablespoonfuls of melted shortening and half a teaspoonful of salt through two and one-half cups of oatmeal. Add, a few drops at a time, while mixing with a knife, enough lukewarm water to make a stiff paste. Knead the paste several minutes; divide in four pieces; knead each piece, and with rolling pin roll into a round piece about one-

fourth an inch thick. Bake on a greased tin in a moderate oven half an hour. Each cake will be the size of a saucer. Reheat in the oven or toast before eating. They are also good cold.

Southern Beaten Corn Biscuit

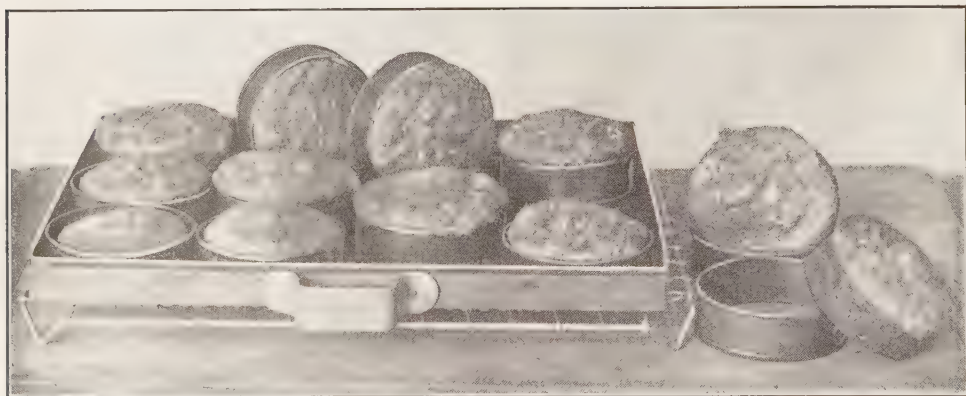
Sift together three-fourths a cup, each, of corn flour and wheat flour; add one teaspoonful of sugar and half a teaspoonful of salt; work in one tablespoonful of shortening, then, adding cold water as needed, mix to a very stiff dough. Run the dough through the biscuit brake or pound it with a wooden mallet until it is of a smooth velvety texture. Roll

into honey, the bread was buttered very lightly. Part were filled with grated cheese and chopped nuts, stirred into butter beaten to a cream with a little salt and paprika.

Bran Muffins with Nuts

(Liberty Bread Shop, Boston)

Mix and sift together one cup of entire wheat flour, one teaspoonful of salt and one teaspoonful of soda; add one cup of bran, one-fourth a cup of molasses, one cup of sour milk and half a cup of English walnut meats, cut fine. Bake in a hot, well-greased muffin pan about 25 minutes. It may also be baked in a loaf pan about 45 minutes.



BRAN MUFFINS

into a sheet half an inch thick, cut into rounds, prick with a fork and bake in a moderate oven. When done the biscuit should be of a light amber color, but baked throughout. Buttermilk may replace the water, but one-third a teaspoonful of soda should be sifted into and with the flour.

Liberty Sandwiches

The bread used in the illustration was oatmeal bread (March number of magazine) with two cups of barley flour and about two cups and one-half of wheat flour. The crusts were retained and two slices made three sandwiches. Part were filled with chopped nut meats, stirred

Ryemeal-and-Potato Flour Muffins

Sift together one cup of ryemeal, half a cup of potato flour, three tablespoonfuls of sugar, half a teaspoonful of salt and four level teaspoonfuls of baking powder. Remove any coarse chaff left in the sieve and add the bran to the other ingredients. Beat one egg; add one cup of sweet milk and three tablespoonfuls of melted shortening and stir into the dry ingredients. Bake in a well-greased, hot muffin pan. These are very fine grained muffins. Probably they would be more porous, if sour milk with half a teaspoonful of soda and two teaspoonfuls of baking powder were used.



TRIPE AND ONIONS (See Page 661)

Cornmeal-and-Barley Muffins

$\frac{3}{4}$ cup cornmeal	$\frac{1}{2}$ teaspoonful salt
1 cup barley flour	1 egg and 1 yolk
$\frac{1}{2}$ cup wheat flour	$1\frac{1}{4}$ cups sweet milk
$\frac{1}{8}$ cup sugar	3 tablespoonfuls
4 teaspoonfuls baking powder	melted shortening

Pass all the dry ingredients through the sieve together. Add the eggs, beaten and mixed with the milk, and mix thoroughly; beat in the shortening; bake in a hot, well-greased, iron muffin pan, or in a sheet in a biscuit pan, about 25 minutes. The extra egg-yolk or all of the egg may be omitted. About one cup and a half of thick, sour milk may replace the sweet milk by using half a teaspoonful of soda and three teaspoonfuls of baking powder in place of the four teaspoonfuls of baking powder given above.

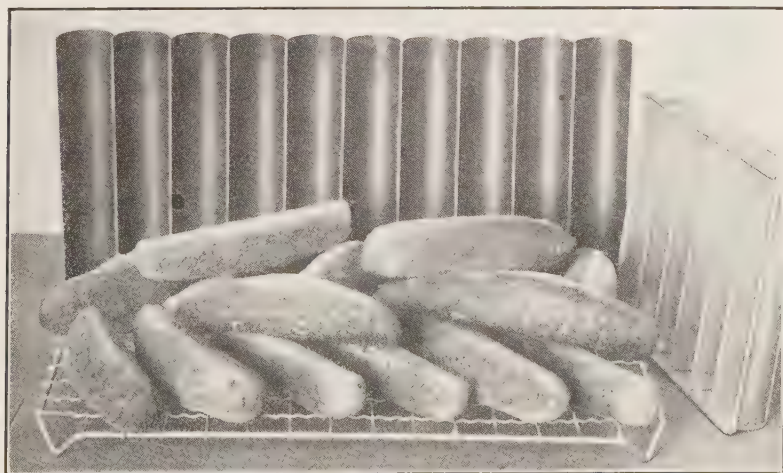
Barley Meal Muffins

1 cup barley meal	$\frac{1}{4}$ cup sugar
1 cup whole wheat flour	1 egg, beaten light
4 teaspoonfuls baking powder	$1\frac{1}{4}$ cups milk
$\frac{1}{2}$ teaspoonful salt	2-3 tablespoonfuls melted shortening

Sift together the dry ingredients, add the milk and egg and mix thoroughly; beat in the shortening. Bake in a hot, well-greased muffin pan about 25 minutes.

Quick Potato Rolls

Boil pared potatoes in boiling water; press the potato through a ricer into the water. To one cup of this potato and water add half a cup of scalded milk, three tablespoonfuls of shortening, half a teaspoonful of salt, one tablespoonful of sugar and when lukewarm stir in one



QUICK POTATO ROLLS

cake of compressed yeast, mixed through one-fourth a cup of lukewarm milk, half a cup of corn flour and wheat flour for a soft dough (about two and a half cups). Cut the dough through and through and work it into a compact shape. Cover and let double in bulk. With greased finger tips shape into smooth balls; cover and let stand to become light. Shape for finger pans. When again light bake about twenty minutes.

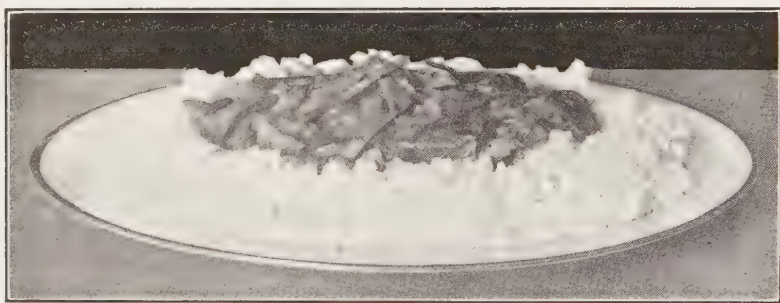
Quick Buckwheat Griddle Cakes

Sift together one cup of buckwheat flour, half a teaspoonful of salt, one tablespoonful of sugar and three level teaspoonfuls of baking powder. When the griddle is hot, add to the dry ingre-

the dough softens on rising. Let rise until it doubles its bulk. Shape for the pan and when again light bake about 50 minutes.

Chicken, Creole Style

This dish may be made of "left-over" chicken or a fresh-stewed chicken may be finished in a sauce with onion, pepper, tomato and broth. For "left-over" chicken, stir and cook two tablespoonfuls, each, of chopped onion and sliced green pepper in three tablespoonfuls of chicken fat until slightly yellowed; add three tablespoonfuls of flour, half a teaspoonful of salt and one-fourth a teaspoonful of paprika and stir until absorbed; add half a cup of tomato pulp or purée and one cup of chicken broth, and stir



CHICKEN, CREOLE STYLE

dients one cup of cold water and three tablespoonfuls of sweet milk and stir to a smooth batter. Bake at once on a hot, well-greased griddle.

Potato Bread (1 loaf)

(Liberty Bread Shop)

- 1 cup mashed potato
- 1 tablespoonful shortening
- 1 tablespoonful sugar
- $\frac{1}{2}$ teaspoonful salt
- $\frac{1}{2}$ cup milk, scalded
- $\frac{1}{4}$ cake compressed yeast
- 2 tablespoonfuls lukewarm water
- 2 cups wheat flour (about)

To the potato add the shortening, sugar, salt and milk. When lukewarm add the yeast mixed with the water and the flour. Mix very stiff with flour, as

until boiling; add a teaspoonful of lemon juice, half a teaspoonful of grated horseradish and about two cups of chicken, cut in cubes or thin slices. Let stand over hot water to become very hot. Serve in a border of *hot boiled rice*.

Rizzoletti

Have ready rice boiled tender and dry. Mix through it cream sauce or a sauce made of chicken broth and let cool enough to be handled. Also have ready cold, cooked chicken, in small pieces, mixed with a little sauce, rather consistent and cold enough to handle. Pat out a spoonful of the rice on the meat board, put some of the chicken mixture in the



RIZZOLETTI

center and cover completely with more of the rice. When all of the ingredients have been used, lift each shape, one by one, on a spatula and coat it with an egg, beaten and mixed with three or four tablespoonfuls of milk, and then with soft-sifted bread crumbs mixed with a little melted fat. Set on a greased dish and let bake in a hot oven until well browned.

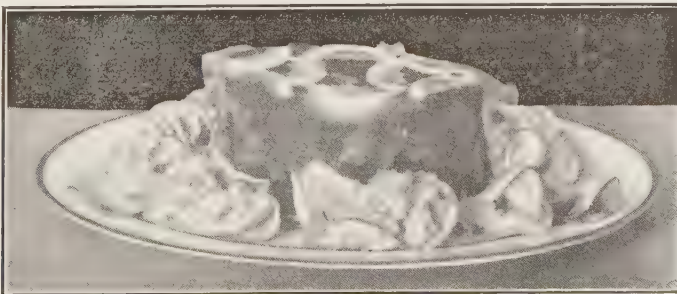
wise, and dispose the pieces in the bottom of the mold. Set the mold in ice and water. When the broth begins to thicken, drop in a little around the egg to hold it in place, then add bits of chicken and jelly, alternately, until the ingredients are used. Serve unmolded with lettuce or cress and salad dressing.

Tripe and Onions

"Left-over" Chicken, Jellied

A hard-cooked egg makes a prettier looking dish, but may be omitted. There should be at least half as much chicken (in thin slices) as will fill the mold, and enough chicken broth to fill the mold without the chicken. Season the broth with salt, pepper, celery salt, onion juice, tabasco, as suits the taste. For a pint of broth, soften one-third a package of gelatine in one-third a cup of broth, and dissolve in the rest of the broth, heated to the boiling point. Then let partially chill. Cut the egg into eighths, length-

wise. Take care to select tender pickled tripe. Wash in cold water and cut in pieces of uniform size and shape. Dry on a cloth, then pat in sifted corn flour or meal. Have ready two or three spoonfuls of fat, hot, in a frying pan. Set in the tripe and let cook until lightly browned on one side, then turn to brown the other side. Have ready small onions, boiled tender and seasoned with salt and a little butter. Serve the tripe and onions on the same dish. Tripe is eighteen cents per pound in the Boston market. There is no waste; every bit is edible and easily digested.



"LEFT-OVER" CHICKEN, JELLIED

Turkish Pilaf

Put one cup of rice over a quick fire in about a quart of cold water and stir with a fork occasionally until the water boils; let boil rapidly three minutes, drain on a fine sieve and let cold water run through the rice. Have two cups and a half of broth and one cup of stewed and strained tomatoes boiling over the fire; add the blanched rice and half a teaspoonful or more of salt and let cook until the liquid is absorbed and the rice is tender. Add more liquid if needed. Cook directly over the fire or in a double boiler. Add half a cup of butter or

sprinkle with a little more grated cheese. Serve as a vegetable or as a luncheon dish.

Baltimore Samp Au Gratin

Pour boiling water over a cup of samp; drain and set over the fire with a fresh supply of boiling water. Let heat to the boiling point, and boil about fifteen minutes, then cover and set on an asbestos mat to cook very slowly all day. Set aside to use as needed. For samp au gratin, make a cup of white sauce of two tablespoonfuls, each, of butter and flour, one-fourth a teaspoonful, each, of salt and paprika, and one cup of milk. Into this stir one cup and one-fourth of



GRAPEFRUIT-AND-DATE SALAD

clarified chicken fat and mix lightly with a fork.

Rice, Milanese Fashion

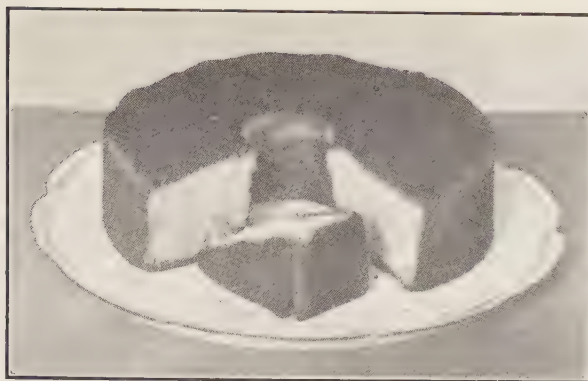
Blanch a cup of rice as in the preceding recipe. Melt one-fourth a cup of butter or clarified dripping in a stew pan; add two slices of onion, chopped, and the blanched rice and stir over the fire until the fat is absorbed; add about four cups of broth or hot water and a teaspoonful of salt, and cook until the liquid is absorbed and the rice is tender. Lightly fold in two or three tablespoonfuls of grated cheese, also paprika and salt as needed. Turn into a serving dish and

the cooked samp and half a cup (or more) of grated cheese. Turn into a buttered baking dish and spread over the top one-third a cup of oatmeal cracker crumbs mixed with two tablespoonfuls of vegetable oil. Let cook in the oven until the dish is hot throughout and the crumbs are browned. This will serve four or five persons. It may be used as the main dish at luncheon or supper, or to piece out a dinner lacking somewhat in protein (meat or its equivalent).

Grapefruit-and-Date Salad

(To serve 3 or 4)

Wash and dry the heart leaves of a



SPONGE CAKE (POTATO FLOUR AND HONEY)

head of lettuce. Cut a grapefruit in halves crosswise and remove the half sections of pulp in perfect shape. Cover half a pound of dates with boiling water; stir with a fork, over the fire, one minute, then skim on an agate plate. Let dry in the oven two minutes; chill and cut in two or three pieces, lengthwise, from the seeds. Press the juice from the grapefruit skins into half a teaspoonful of salt and three tablespoonfuls of olive oil and mix thoroughly. Dispose the lettuce on a serving dish with the grapefruit sections in the center and the dates around it; pour over the dressing and serve at once.

Sponge Cake (potato flour and honey)

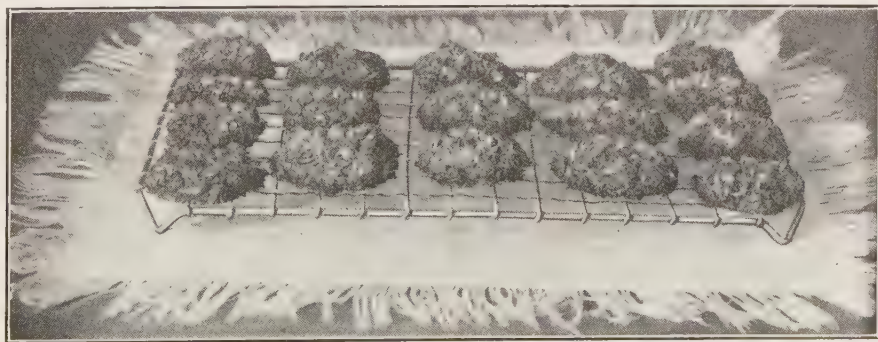
Boil half a cup, each, honey and granulated sugar to the soft ball stage (about 238 degrees Fahr.). Have ready the yolks of five eggs, beaten until thick and

light colored, and the whites of five eggs, beaten very light. Gradually beat the syrup into the yolks; add the grated rind and juice of half a lemon; then fold in half a cup of potato flour and the egg-whites. Bake in a tube pan about fifty minutes. This cake is very tender. It may be made without boiling the sugar and honey, but it will not be as satisfactory.

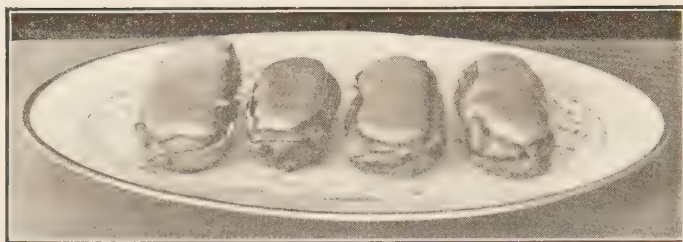
Oatmeal Fruit Macaroons

2 eggs, beaten light	$\frac{1}{2}$ cup dates or raisins
$\frac{1}{2}$ cup sugar	cut in small pieces
$\frac{1}{4}$ cup corn syrup	$2\frac{1}{2}$ cups rolled oats
1 tablespoonful melted shortening	$\frac{1}{2}$ teaspoonful salt

Beat the sugar, syrup and shortening into the eggs; mix the fruit with the oats and salt and combine the two mixtures; drop in symmetrical rounds on a greased baking sheet. Bake in a moderate oven. The recipe makes three dozen macaroons.



OATMEAL FRUIT MACAROONS



HONEY ECLAIRS

Honey Eclairs

[P]ut half a cup of vegetable oil and one cup of boiling water over the fire; when boiling sift in one-fourth a cup of corn flour, half a cup of wheat or barley flour and half a teaspoonful of salt; cook and stir until the mixture forms a compact mass; turn into a mixing bowl and beat in three eggs, one at a time; beat in each egg thoroughly before adding another. Form into shapes about four inches long and an inch and a quarter wide, and set them on a buttered pan. Bake about twenty-five minutes. The recipe will make eighteen eclairs. Slit each cake on one side and insert a teaspoonful of cream filling. Spread honey chocolate frosting above.

Cream Filling

Scald one cup and a half of milk; stir half a cup of rye or barley flour and half a teaspoonful of salt with half a cup of cold milk to a smooth paste, then stir and cook it in the hot milk. When smooth and thick cover and let cook

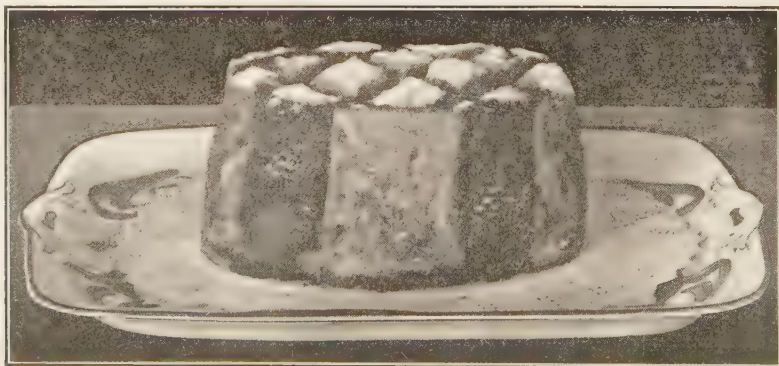
fifteen minutes. Beat two eggs; add one-third a cup of honey and stir into the hot mixture. Stir until the egg is cooked. Use when cold.

Honey Frosting

Boil half a cup of honey and one tablespoonful of corn syrup to 240 degrees Fahr. Pour in a fine stream on the white of one egg beaten very light. Use when cold, or after beating in the honey beat in one square or ounce of chocolate melted over hot water and a few drops of vanilla extract.

Apple Charlotte

To serve four or five, select a charlotte mold holding three cups. Pare, core, slice and cook enough apples to rather more than half-fill the mold. Spice, lemon rind and a very little sugar may be added, also a tablespoonful of butter. Butter the mold and dredge the butter with sugar (that the charlotte may be easily unmolded). Line the bottom and sides of the mold with thin slices of cake (not too sweet), leaving spaces between



APPLE CHARLOTTE

the slices. Fill the mold with alternate layers of the prepared apple and cake (the cake cut very thin). Have a layer of cake on the top. The apple sauce should be dry; if too moist, reduce by cooking before use. Set the mold on cloth or paper in a baking pan. Surround with boiling water. Let cook in the oven about half an hour. Unmold on a serving dish; sift confectioner's sugar over the top. Score the sugar with a hot iron rod. Serve hot or partially cooled with cream or rich milk. In this dish use more apple than cake.

Cornstarch Fruit Soufflé

Mix three tablespoonfuls of cornstarch, one-third a cup of sugar and half a teaspoonful of salt and stir into one cup and a half of scalded milk; stir until it thickens, then stir in three-fourths a cup of raisins or cherries, cut in two or three pieces, each, cover and let cook ten minutes. Add one tablespoonful of butter and fold in the whites of three eggs, beaten very light. Butter about six individual molds; dredge the butter with sugar, and fill the molds with the cooked preparation. Set the molds on several folds of cloth in a baking pan, pour in boiling water to half their height. Let cook about twelve minutes without boiling the water. Serve, unmolded, with cream or a boiled custard made of the egg-yolks.

Marguerites

Boil half a cup of honey and one tablespoonful of corn syrup to 240 degrees Fahr. or until it will spin a thread two inches in length. Add five marshmallows, cut in small pieces, and let stand on the back of the range a moment, to melt the pieces of marshmallow. Pour in a fine stream on the white of one egg, beaten very light, beating constantly meanwhile. Add two tablespoonfuls of cocoanut, one cup of chopped walnut meats and a teaspoonful of vanilla. Dispose on oatmeal crackers and set into a moderate oven until the mixture is

lightly colored. Serve in the place of cake or cookies.

Sponge Jelly Roll (potato flour)

Beat two eggs very light; gradually beat in seven-eighths a cup of sugar, a grating of lemon rind or half a teaspoonful of lemon extract, two tablespoonfuls of melted fat and one-third a cup of hot water. Sift together half a cup of potato flour, a scant half teaspoonful of salt and one teaspoonful and a half of baking powder; beat into the first mixture. Bake in a shallow pan about fifteen minutes. Turn on a sheet of parafine paper, trim the edges, if crisp, spread with apple or other fruit-jelly and roll at once. This cake may also be made with barley flour.

Pan Dowdy

(To serve 10)

Line a deep earthen dish with pastry made of barley or rye flour; fill with sliced apples. To three pints of apples add one and one-fourth cups of molasses, or three-fourths a cup of molasses and one half cup of sugar, one teaspoonful of cinnamon, half a teaspoonful of nutmeg, half a teaspoonful of salt, one-fourth a cup of water, and two tablespoonfuls of butter substitute. Cover with pastry and bake from two to three hours in a moderate oven.

Pastry for Pan Dowdy

Sift together three cups of barley or rye flour, three-fourths a cup of wheat flour, a teaspoonful of salt and two teaspoonfuls of baking powder; cut in three-fourths a cup of shortening, then add water, a little at a time, and mix to a paste.

Oatmeal Gingerbread

Put half a cup of oatmeal in a bowl; add one-fourth a cup, each, of shortening (melted) and sugar, half a cup, each, of molasses and thick sour milk and one egg, beaten light. Sift over the ingre-

(Concluded on page 690.)

Simple Menus for Week in April

To Illustrate Many Ways of Using Wheat Substitutes. Monday and Wednesday Wheatless. Each Evening Meal Wheatless. One Meal Each Day Meatless. Tuesday Meatless. Saturday Porkless.

SUNDAY

Breakfast

Salt Codfish Cakes
Home made Pickles or Catsup
Oatmeal Bannocks Fried Cornmeal Mush
Maple Syrup or Molasses
Coffee Cocoa

Dinner

Roast Leg of Mutton
Franconia Potatoes Spinach
Baked Bananas Oatmeal Bread
Cold Sea Moss Farine, Boiled Custard

Supper

Boiled Rice, Cheese Sauce or
Whole Milk and Sugar
Oatmeal Macaroons Dried Apricots, Stewed
Tea

WEDNESDAY

Breakfast

Corn Flakes, Whole Milk
Dried Beef in Cream Sauce
White Hashed Potatoes Stewed Prunes
Rye meal-and-Potato Flour Muffins
Coffee Cocoa

Dinner

Oatmeal Soup
Mutton, Potato-and-Carrot Hash
Bananas, Sauté
Lettuce, French Dressing or Tomato Catsup
Rhode Island Johnny Cake
Creamy Rice Pudding with Raisins

Supper

Oyster Stew or Corn Chowder
Oatmeal Bannocks Canned Fruit
Cottage Cheese

MONDAY

Breakfast

Oatmeal, Sliced Bananas, Top Milk
Eggs, Creole Style
Buckwheat Griddle Cakes, Syrup
Coffee Cocoa

Dinner

Cold Mutton, Sliced Thin
Brown Sauce
Baked Potatoes, Paprika
Virginia Spoon Corn Bread
Lettuce, Spinach, Sliced Egg, French Dressing
Cup Custard

Supper

Cornmeal Mush, Whole Milk
Sponge Cake (potato flour)
Oatmeal Fruit Macaroons
Tea

THURSDAY

Breakfast

Boiled Hominy (reheated)
2 slices bacon, each person
Bacon Fat or Milk for Hominy
Doughnuts (barley flour, potatoes)
Coffee Cocoa

Dinner

Rib Roast of Beef (just enough)
Franconia Potatoes
Spinach or Home Canned String Beans
Brown Gravy
Potato or Barley Bread or Fried Hominy Balls
Apple Charlotte
(Left-over Potato Sponge Cake)

Supper

Cream of Spinach Soup Oatmeal Bannocks
Baked Custard (4 eggs to 1 quart milk)
Golden Drop Cakes (corn flour and potato flour)
Tea

TUESDAY

Breakfast

Oatmeal, Hot Dates, Top Milk
Virginia Spoon Corn Bread (reheated)
Scrambled Eggs Oatmeal Bread, Toasted
Coffee Cocoa

Dinner

Fillets of Fresh Fish, Rolled in Cornmeal
Sautéd
Philadelphia Relish (cabbage, peppers, etc.)
Mashed Potatoes
Parsnips Lemon Pie (barley crust)

Supper

Lettuce and "Left Over" Fish,
French Dressing
Graham Bread
Boiled Rice, Whole Milk (children)
Tea

FRIDAY

Breakfast

Baltimore Somp (reheated)
Molasses or Maple Syrup, Whole Milk
Finnan Haddie and Potato Cakes
Home-made Piccalilli Spider Corncake
Coffee Cocoa

Dinner

Tomato Soup (rib bones)
Broiled Fresh Mackerel
Baked Potatoes Boiled Onions
Lettuce and Asparagus, French Dressing
Wholewheat and Barley Bread
Stewed Rhubarb and Figs, Top Milk
Oatmeal Macaroons

Supper

Rice with Tomato and Cheese
Puffed Rice and Milk, for young children
Boston Brown Bread (meal and barley flour)
Sponge Jelly Roll (barley flour) Tea

SATURDAY

Breakfast

Oatmeal, Stewed Apricots (dried)
Top Milk
Broiled Honeycomb Tripe
Hashed Potatoes
Cornmeal and Barley Muffins
Coffee Cocoa

Dinner

Grapefruit
New York Baked Beans,
Chili Sauce
Boston Brown Bread
(reheated)
Honey Eclairs Tea

Supper

Gnocchi à la Romaine
Potato-and-Fresh Mackerel Salad
Cornmeal-and-Barley Muffins,
Toasted
Cornflakes, Milk for Children
Tea

Menus for Week in April

Monday and Wednesday, Wheatless. One Wheatless Meal Each Day. Tuesday, Meatless. One Meatless Meal Each Day. Two Porkless Days.

SUNDAY

Breakfast

Cream of Wheat, Sliced Bananas, Top Milk
Spider Corncake
Potato-Rye Doughnuts
Coffee Cocoa

Dinner

Emergency Soup
Guinea Hen, Steamed and Roasted
Lettuce, Cress-and-Prune Salad
Mashed Potatoes Creamed Onions
Apple Charlotte
Half Cups of Coffee

Supper

Potato Salad, Sardines or Smoked Fish
Oatmeal Bread Honey Cookies
Tea

MONDAY

Breakfast

Oatmeal, Hot Dates, Top Milk
Sausage, Rice Cakes, Fried or
Buckwheat Griddle Cakes
Coffee Cocoa

Luncheon

Onion Soup (Guinea Hen boned, etc.)
Cheese Soufflé
Lettuce-and-Orange Salad
Hot Gingerbread (barley or rye flour)
Marshmallow Sauce

Dinner

Guinea Hen, Creole Style (left over)
Hot Spinach with Sliced Eggs
Scalloped Potatoes
Ryemeal-and-Barley Flour Muffins
Cornstarch Blancmange, Boiled Custard

TUESDAY

Breakfast

Finnan Haddie in Tomato Sauce
Small Baked or Boiled Potatoes
Left over Muffins (reheated)
Cornmeal Mush, Fried, Syrup
Coffee Cocoa

Luncheon

Cream of Corn Soup with Corn Timbales
Barley-and-Wheat Yeast Rolls
Grapefruit-and-Date Salad
Cottage Cheese Oatmeal Bannocks, Toasted
Tea

Dinner

Fresh Fish au Gratin Mashed Potatoes
New Cabbage, Boiled Rolls (reheated)
Lemon Sponge Pie
(barley flour and vegetable oil pastry)
Half Cups Coffee

SATURDAY

Breakfast

Ready to Eat Cereal, Whole Milk
Scrambled Eggs
Creamed Potatoes
Fried Hominy, Syrup
Coffee Cocoa

Luncheon

Cream of Lima Bean Soup
Turkish Pilaf
Radishes
Honey Custard
Oatmeal Fruit Macaroons

Dinner

Left Over Mutton, Creole Style
Spinach, Bechamel Style
New Turnips
Baked Indian Pudding
Tea

WEDNESDAY

Breakfast

Barley Crystals, Top Milk,
Rice or Tapioca Omelet
Hashed Brown Potatoes Teco Griddle Cakes
Coffee, Cocoa or Milk

Luncheon

Succotash
Virginia Spoon Corn Bread
Lettuce and Asparagus, Vinaigrette Sauce
Prune-and-Orange Jelly Tea

Dinner

Hamburg Roast
Franconia Potatoes Canned String Beans
Pineapple Tapioca Sponge
Oatmeal Fruit Macaroons
Tea

THURSDAY

Breakfast

Baltimore Somp,
Top Milk, Syrup or Molasses
Fried Bananas Bacon
Potatoes Hashed in Milk
Ryemeal Muffins
Coffee Cocoa

Luncheon

Rice Croquettes, Cheese Sauce
Apple Pie
(barley flour and vegetable oil crust)
Cocoa

Dinner

Leg of Mutton, Roasted
Baked Bananas, Belgian Style
Franconia Potatoes Onions
Lettuce, French Dressing
Honey Eclairs

FRIDAY

Breakfast

Cream of Wheat, Whole Milk
Broiled Fresh Mackerel, Paprika Butter
Potatoes Hashed in Milk
Teco Griddle Cakes, Syrup
Coffee Cocoa

Luncheon

Mayonnaise of Lettuce and Sliced Eggs
Hot Boston Brown Bread
Stewed Figs, Thin Cream
Cottage Cheese Tea

Dinner

Boiled Fresh Fish, Egg Sauce
Boiled Potatoes, Parsnips
Barley Flour Pop-Overs
Jellied Philadelphia Relish
Baked Tapioca Custard Pudding,
Vanilla Honey Sauce



Summary of Food Regulations

By Janet M. Hill

THE following is a summary of the rules that have been formulated by the United States Food Administration, with the approval of the President, in order to effect the further conservation in foodstuffs necessary to support the allies and our own armed forces over the next four months. These rules are effective from the morning of Monday, January 28.

As their part in reducing the consumption of wheat flour, the consumers of the country are called upon, in purchasing such flour, to buy at the same time an equal weight of the other cereals (corn meal, cornstarch, corn flour, hominy, corn grits, barley flour, rice, rice flour, oatmeal, rolled oats, buckwheat flour, potato flour, sweet-potato flour, soya-bean flour, and feterita flours and meals). The housewife may use these products separately in making bread, cakes, and pastry, or mix them as she thinks best.

The retailers are to sell wheat flour only with an equal weight of these other cereals.

Or, in case of whole-wheat or Graham flour, six-tenths of a pound of substitute (these flours contain 95 per cent of the wheat grain).

Four pounds of potatoes may be purchased in place of each pound of cereal substitute.

How To Use Wheat Substitutes

CORNMEAL and corn flour: As mush with milk, also fried; as gnocchi (with cheese, eggs); as plain polenta with cheese; in yeast bread and rolls; in gingerbread, éclairs, small cakes and cookies; in muffins, baking powder biscuit, spider corn cake, southern beaten biscuit, Virginia spoon corn bread; baked Indian pudding; custard soufflé; Boston brown bread; for coating fish and tripe to sauté.

Hominy: As breakfast cereal; hominy balls, fried, eaten with meat or chicken sauce, or as a dessert with syrup; Virginia spoon corn bread.

Samp (broken kernels of corn): As breakfast cereal; in cream sauce with scraped onion and chopped parsley; in cream sauce with cheese, as hearty luncheon or supper dish; in tomato or chicken sauce with cheese.

Barley flour: In bread, rolls, muffins, pastry; in bread and pastry, can be used in larger proportion than corn flour, but do not try more than half wheat and half barley in yeast mixtures.

Rice: Plain boiled with meat sauce or milk; with curry sauce; with tomato broth and cheese, flavored with onion, etc.; rice croquettes, cheese sauce; sweet rice croquettes for dessert; plain rice croquettes with rich pudding sauce; plain rice pudding with milk and raisins; baked custard rice pudding; Delmonico rice pudding

with meringue; boiled with hard sauce; Turkish pilaf; to thicken soup; to thicken any meat stew; plain boiled with boiled fowl, veal, lamb, pigeons, etc.; rizzoletti; griddle cakes and muffins; yeast bread.

Oatmeal: Breakfast cereal; in yeast bread and biscuit; in baking powder biscuit, muffins, griddle cakes, scones; in Macaroons; in cookies; in Scotch bannock; to thicken soup; to thicken fish, nut or bean loaf.

Buckwheat flour: In griddle-cakes, biscuit and muffins.

Potato flour: Has twice the thickening properties of wheat flour; very little fat in composition; use in sponge and small cakes, in muffins made with meal, one cup meal, preferably rye or Graham, half a cup of potato flour; to thicken soup and sauces.

UNITED STATES FOOD ADMINISTRATION RATION CARD

An attempt has been made, especially at the request of a group of New York women, to formulate a ration based, as nearly as may be, upon the amount of food available at present. This voluntary ration will help a great many who are earnestly trying to obey the behests of the Food Administration, and who have not known how.

Weekly Allowance per Person

<i>Fish:</i> Oysters and sea food, all kinds.....	As much as necessary
<i>Poultry and Game:</i>	As much as necessary
<i>Meat:</i> Beef (fresh, salted, tinned and hashed); mutton, lamb and veal (mutton by preference); pork (the weekly allowance of pork per person should not exceed half a pound).....	2½ lbs. gross weight ½ lb.
<i>Butter:</i>	½ lb.
<i>Cooking and Kitchen Fats:</i> Margarine, lard substitutes, such as corn, cottonseed, peanut, and olive oils..... (We are also shipping these abroad.)	Only as much as necessary
<i>Wheat Flour:</i> For use in cooking, such as gravies and sauces. (Use as far as possible corn starch, cracker dust and bread crumbs.) Remember that macaroni is made from wheat flour).....	½ lb.
<i>War Bread:</i> Made according to regulations of Food Administration; i. e., must contain at least 20 per cent per unit of a substitute for wheat flour. (3 lbs. of bread require 2¼ lbs. of flour).....	3 lbs.
<i>Sugar:</i> Including table use and in cooking, including candies and sweetmeats (not the sugar used for canning and preserving).....	¾ lb.
<i>Non-wheat Cereals:</i> Corn meal, oatmeal, rice, hominy, barley, and rye.....	As much as necessary
<i>Vegetables and Fruits:</i> Fresh and dried.....	As much as necessary
<i>Milk:</i> (Children must have full allowance).....	
<i>Cream</i>	Only as much as necessary
<i>Cheese</i>	As much as desired

Food Suggestions for April

THE "White Oatmeal Bread," illustrated in the March number of this magazine, is a most satisfactory bread. As given, it does not quite comply with the government's requirements for a Liberty bread. To meet the 20 per cent

of wheat substitute, half a cup of oats might be added. However, a more pleasing bread may be had by using a cup of barley flour for one cup of the wheat flour. This will give a bread of about $33\frac{1}{3}$ per cent of wheat substitutes.

Try any of the canned fruits, still on hand, with lettuce or cress and French dressing. Serve at the same time cottage cheese and oatmeal bannocks. This is to be given in place of the usual sweet course. The syrup left over may be used for cooking tapioca or, with lemon juice and gelatine, as jelly for another day. Occasionally it may form the basis of just sherbet enough for one meal.

We have not found potato flour very acceptable in muffins. A cup of this flour is equivalent to half a cup of wheat flour. In the two sponge cakes given in the Seasonable Recipes, a half cup takes the place of one whole cup of wheat flour. These two cakes are to be commended. In the muffin recipes, one given in March and one in this number, the texture of the muffins is very close and fine grained. The muffins taste well, but would scarcely be desired except for occasional use.

Now, fresh fish should be plentiful and cheaper. Remove all waste portions, as far as possible, before cooking, and by all means remove them before sending the dish to the table. Properly fried fish-balls, no matter from what variety of fish they are made, are always relished. Give the same attention to all other fish dishes and less will be heard of the people who "simply cannot eat fish."

When fish is left over, before it is cold, separate it into flakes, discarding all inedible portions. This work is more easily and thoroughly done when the fish is warm.

If a part of the family take a mid-day meal away from home, make a practice of knowing what they are likely to eat, to the end that an agreeable variety in the day's food may be secured. Two roast beef or turkey dinners in one day are just as objectionable, from every point of view, as two meals, in succession, featuring fish.

A Box From Home

Some lads were writing letters,
In a camp Y. M. C. A.,
When a door was opened
And a pal stood there to say:
"Drop 'round in an hour or two, boys;
Don't to the village roam.
Yes, you're right, you guessed it,
I got a box from home."

And there so calm reposing,
Of the enemy unaware,
Were two good looking cakes,
A plain and a chocolate layer,
Molasses cookies by jells surrounded,
To keep each in its proper zone.
"The folks sure think a lot of me, boys,
To send this box from home."

No commands were given,
Signals silent were obeyed,
"About face! and eyes right."
A box at hand to raid.
The roof above was shattered
By the skill of one man alone.
"Just take a peep in there, boys,
Some box I got from home."

"I knew that this was coming,
Sis always puts in candy,
Now she goes to cooking school,
At Fudge she is a Dandy."
"There's lots more here, but you better
start in now,
Just sip the honey from the comb.
My! I'm glad to have you boys here —
Now enjoy my box from home."

When the eats were finished,
And the smoke was curling 'round,
Some one started singing
"Over There" and "By the Mason-Dixon
Bound,"
And although filled with outward joy,
The notes were full of tone,
From every heart seemed ringing,
The strains of "Home, Sweet Home."

— Alice V. Carroll.



HOME IDEAS & ECONOMIES



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Pumpkin Pie, without Pumpkin or Crust

MIX one cup of yellow cornmeal with two cups of cold water. Boil gently until very thick and dry, taking care that it does not scorch; add a pinch of salt and one cup of milk—then let this mixture cool.

While this is cooling, grease a deep agate or tin pan, or two pie plates, with lard, butter or drippings; sprinkle thickly with flour, and toss about until the pan is entirely covered—let stand a few minutes and repeat. The flour that does not adhere may be put back into the bag.

Now, if the cornmeal be somewhat moderate, whip in two eggs, brown sugar to make it plentifully sweet, one and one-half teaspoonfuls of ground cinnamon, one-quarter teaspoonful of ground cloves, one-third teaspoonful of ground ginger, and, lastly, another cup of milk. A little cream or milk on the top glazes it. Bake in a quick oven.

Try this at once. It is economical and delicious; and can be made until cornmeal is over for the season. Put the receipt to the proof; you will be surprised at the result.

Hamburg Fritters

To a quarter of a pound of Hamburg steak add ten (10) tablespoonfuls of water, a small onion, chipped fine, salt, pepper, a dash of grated nutmeg, and the same of ground cloves (or both of these may be omitted). Stir in two tablespoonfuls of flour, not heaping, then drop from a

spoon, and fry quickly. This amount makes ten fritters, and are very acceptable, tender and economical.

Cheese

Cheeses of all kinds are recommended as profitable, substantial food, yet there is one modest little member of the vast curd family that is not used as extensively as it should be, not only for relish, but also for convenience. The "hand cheese" or "hand kase" comes in small round pats, which are very reasonable in price. It offers many advantages to the buyer, being sold by the piece and not by the pound, which does away with the necessity of having to include, within the already expensive purchase, the great thick piece of rind the dealer invariably manages to force upon one. Select those hand cheeses which are moist and wrinkled on the outside.

M. S. C.

* * *

A Short Cut in Rice Pudding

BOIL rice after the method approved by yourself, so that it will not be gluey, but each grain separate and light. While it is cooking stew some seedless raisins in a little sugar and water. The raisins must be swelled and soft, then over the cooked rice, on serving it, turn the stewed raisins and some evaporated milk from a can. The milk gives the same creamy, long-cooked flavor that is liked in rice baked a long time in fresh dairy milk, and often called "Poor Man's Pudding" in recipe books, written before rice and milk, like cheese, bacon, and cornmeal became no longer cheap foods.

The milk and raisin syrup blend and combine to give richness and flavor. The seedless raisins are preferable, because they have a tart flavor resembling currants, which are far more expensive than raisins that are grown in California. The currants, so-called, which are in reality tiny grapes, dried in Greece, are now being grown in very limited quantities in California. The name of currants for such is a corruption of the old name of Corinth in Greece. They are not currants, but grapes.

Chocolate Cake Filling without Eggs

Chocolate, with cornstarch, sugar, and flavoring, come put together now in right proportions for a pudding, in tin cans, and at a very reasonable price, from a New Jersey factory. Instead of making it into a pudding, use some for a cake filling; chopped nuts or marshmallows may be mixed with it. This saves eggs, and may be made in less than ten minutes, and if liked, put between a baker's cake cut in halves, instead of making a layer cake at home.

When making a boiled chocolate frosting by pouring the boiling sugar syrup upon the whites of eggs and putting in the grated chocolate, try adding the yolk of an egg; it gives a fine gloss and richness.

Chestnuts Stewed with Raisins

Chestnuts may be stewed with raisins, in case the usual sweet dishes of chestnuts be not liked; though boiled chestnuts, put through a ricer, and served for dessert with whipped cream flavored with vanilla, are liked by many. Chestnuts may be curried, or deviled for relish. Also with onion and celery, etc., they make a nice soup.

Celery and Chard

Cook celery with chard and serve with a white sauce, or any preferred dressing. The two combine well, and allow of the using of rather green stalks of celery commonly wasted.

Celery and Onions

Cook celery and white onions separately, and combine them with a cream sauce. This is liked by many who do not like onions alone.

Homemade Celery Salt

Dry odd bits of celery, the white roots, the tender leaves and green stalks, and, when quite dry, grind them and put in bottles or a jar for use in soups, gravies, fillings, etc.

Syrup from Melons

Even in sunny California it happens sometimes that the watermelons do not always ripen; that some of the crop is retarded so as not to be fine eating, or worth shipping from home. In San Luis, Obispo County, some ladies started in to make their table syrup from a late supply of melons, and, according to newspaper reports from their locality, they were "out-hooverizing Hoover" in a way that would please him.

An American Dinner

No Meat and Little Wheat

Potato Soup
(Milk, onion, celery. Instead of croutons or bread sticks, simply scatter fried crumbs on top or omit even these)
Olives Radishes
In the North Baked Stuffed Bluefish, or Red Snapper for the South
Pease Potatoes
Cabbage Lettuce or Tomato Salad, Boiled Dressing
Orange Fritters, Currant Jelly Sauce
Cheese Nuts Coffee

* * *

J. D. C.

An Efficient Silver Cleaning Method

(A VERY GOOD LABOR SAVER)

NOTE: The utensil is important. Use a *galvanized iron* pan or pail of any size you may have.

1 tablespoonful soda	dissolved in 5 quarts of
1 tablespoonful salt	boiling water

Dissolve one tablespoonful soda (cooking soda or washing soda), and one tablespoonful salt in the galvanized iron utensil,

which is half-full of boiling water, or enough boiling water to cover articles to be cleaned. Place small articles, such as forks, knives, spoons, etc., in the solution and let stand from three to five minutes. Remove and wash the silver in hot soap suds.

This acts in the same manner as the "Silver Clean Pan" and is much cheaper. If one has no galvanized utensil, a piece of zinc may be placed in the bottom of a common agate pan with about the same results.

I have used the galvanized iron dish for a number of years in a dormitory for cleaning the small pieces of silver and found it an efficient way of doing a number of pieces in a short time.

An Inexpensive Dark Chocolate Cake

- 1 egg-yolk
- 1 cup sugar
- 2 tablespoonfuls melted butter (or butterine)
- $\frac{3}{4}$ cup water
- 1 rounding teaspoonful baking powder
- 1 scant teaspoonful soda

stirred in $1\frac{1}{2}$
cups flour

Melt two squares of unsweetened chocolate in one-half cup of water over the teakettle until it thickens like custard. While hot add to the cake mixture. Flavor with one-half a teaspoonful of vanilla.

Bake in loaf, layer, or cup cake tins. Use a little more flour for the cup cake tins — a heaping measure.

Use white of egg for frosting with one cup of sugar in the usual way.

Chocolate Filling for Dark Chocolate Layer Cake is very Nice

Melt one square chocolate; add one-fourth cup sugar, one-fourth cup water, and one-fourth cup milk. Stir in one and one-half tablespoonfuls of flour. Cook over hot water about eight minutes, or until it is like custard.

Mashed Potatoes with Cheese Sauce

Turn soft mashed potatoes, well seasoned and stirred with milk until creamy

or fluffy, on to a deep plate. Make it in the form of a mound with a deep hollow in the center, more like an angel cake pan. Pour over it a sauce made as follows:

Cheese Sauce: — Melt six tablespoonfuls of butter, and while hot stir in four tablespoonfuls of grated cheese; pour this mixture, beating all the time, over the yolks of two eggs. Add salt and pepper, cover with fine crumbs and brown in the oven, until sauce thickens in center, for twenty to thirty minutes. The flavor of cheese sauce penetrates into the potato, making it delicious. A. E. B.

* * *

Good Middling Muffins

- 4 cups white middlings
- 3 teaspoonfuls baking powder
- $\frac{3}{4}$ teaspoonful soda
- 1 teaspoonful salt
- 2 or 3 tablespoonfuls sugar
- 1 cup sour milk
- 1 cup sweet milk or water
- 3 tablespoonfuls shortening melted and added last

Bake about twenty minutes in muffin pans. This rule makes eighteen large muffins. Two cups of corn meal and two cups of middlings may be used instead of all middlings.

H. J. B.

* * *

Lettuce on Toast

DO not by any means cast aside the green outer leaves of lettuce. Cooked, it is one of the most delicate of the vegetables, attractive to the taste, and acceptable to any sort of digestion; this last making it particularly valuable where one cannot take this, another that, yet all must be provided for. Used only as a garnish, in most houses, its further usefulness seems unknown.

A salad course will leave sometimes, perhaps, a peck of rejected leaves, enough, if utilized, to make a dish for a small family. Prepare it this way:

To half a peck of lettuce, well picked and washed, allow only enough water (or rice stock) to keep from burning. Cook until tender — tougher leaves will re-

quire longer, of course; and the water must not boil out, but a little hot water be added, if necessary. In the beginning put in, to this amount of lettuce, one-eighth a teaspoonful of baking soda. When about half done, salt to taste; and add one-fourth a teaspoonful of sugar and a teaspoonful of butter. For primé lettuce about three-quarters of an hour will be required for cooking, and a half-peck will cook down to enough for four servings. Prepare, then, four slices of buttered toast, and make a white sauce, not too thick. Into one teaspoonful of melted butter (not allowed to bubble) stir one tablespoonful of flour, and to this add a teacupful of hot milk, a little salt, and, if liked, a dash of paprika. The liquor in the lettuce should be cooked out, but if there should remain in the vessel when it is done, say, one-third of a cup, use this with two-thirds a cup of milk, leaving the correct proportion. Place the lettuce on the buttered toast and pour on the dressing, and serve on each portion one or two slices of hard-boiled egg. Serve hot. When the young lettuce comes on and must be thinned, this makes the most delicate dish of any.

If by any chance too much water should have been used, do not make the mistake of throwing away the liquor; if not wanted in the sauce, add a little milk, a little butter, and salt to taste, and you have a bowl of the most delicate and delicious soup for the invalid.

Father's Favorite

(Nut Ginger Cake)

3½ cups well-sifted flour	½ cup pecan nut meats
1 cup black molasses	½ cup dried figs
½ cup white sugar	3 eggs
1 cup crisco or butter	1 teaspoonful soda
1 cup second day's buttermilk	1 teaspoonful baking powder

Sift baking powder with flour. Dissolve soda in buttermilk.

Cream sugar and crisco together, adding one at a time the unseparated eggs; now use half the flour, putting in a little at a time until the quantity is taken up. To the mixture add the molasses which

has been heated, and the other half of the flour, a little at a time as before. When all is well beaten together stir into the batter the nuts and figs, which have been chopped very fine. Flavor with almond extract. Bake in shallow, square pans. Ice and top with halves of pecan meats. A cake that meets with enthusiastic favor, and is specially acceptable to the masculine palate.

F. L. T.

* * *

Fish Loaf

TO make the dressing: Melt 2 or 3 tablespoonfuls of pork or bacon drippings and brown in it one fine-chopped onion. Pour this over bread or cracker crumbs and add enough hot water to make a moist dressing. Season with salt and pepper.

Pick free from bones and skin any kind of left-over fish. Put alternate layers of fish and dressing, having the dressing on the top and the bottom, into a well-greased bread tin.

Bake in fireless cooker, between two radiators, for an hour or longer.

Serve hot with slices of lemon, or a tomato sauce. It is also delicious served with a cream sauce made from left-over spinach or asparagus.

Cornmeal Doughnuts

Cream one-half a cup sugar, scant measure, with one tablespoonful of Crisco or Wesson oil. Add one egg, well beaten. Sift together one and one-half cups of white flour, one cup of bolted cornmeal, scant teaspoonful of salt and one-half a teaspoonful, each, of cinnamon and nutmeg. Dissolve one-half a teaspoonful of soda in one-half a cup of sour milk and add alternately with the flour mixture. Roll out quite thick, cut and fry in hot Crisco or cottolene deep fat. This recipe makes ten or twelve doughnuts.

* * *

C. F. S.

Homemade Cupboard

A ROUGHLY made cupboard has proved to be altogether the most useful contrivance in our house. It is

six feet high, four feet wide and two feet deep, and could be knocked together by any man who can drive a nail straight. It has a framework of heavy strips three by one and one-half inches, and within are set five shelves; one, three inches from the bottom, the others, at equal intervals between that and the top. Hung on two hinges in front is a door twenty inches wide with a knob for opening and a trustworthy lock for closing. The whole thing is covered with heavy wire netting in a quarter-inch mesh, fastened in place with staples. This is proof against invasion by rats, mice or bipeds, and the netting provides constant ventilation for the contents. In it we keep jelly, preserves, canned fruit, all sorts of extra supplies, such as maple sugar, ginger beer, maraschino cherries; anything, in fact, which is likely to disappear where a furnace man, coal men or delivery boys have access. This was modeled after the big closets which are used to conserve the stores in some hospitals, and it is absolutely invaluable.

M. V.

* * *

Dishes at Our Doors

WITH the increase in the cost of living and the patriotic desire to do "our bit" toward conserving food for our Allies, there is inspiration in the coming of spring, for there are many tasty dishes to be found right at our doors. Even if one lives in the heart of the city, there are few so placed that they cannot take a trip to the suburbs, occasionally, and come back laden with material for many appetizing dishes that are cheap only in price.

Sorrel Salad

Gather sorrel early in the morning, wash thoroughly; chop two cups of sorrel in a bowl with one-half cup of seeded raisins and one-half cup of nuts; walnuts are fine if you were fortunate enough to gather some last fall; add French or mayonnaise dressing and serve garnished with sorrel.

Dandelion Salad

Dandelions make a delicious salad. Chop dandelions that have been gathered early in the morning while the dew is on them. They are tougher and stronger in taste after the sun has shone on them awhile. Just a dash of salt before serving and a sprinkle of cider vinegar. Very appetizing.

Another dandelion salad is made thus: Chop the dandelions; mix with thin-sliced tomatoes, and mayonnaise dressing to taste.

Boiled Dandelions with Sorrel

Take equal quantities of dandelion and sorrel, taking great care that all the withered leaves be picked off. Wash carefully in salted water; cook in boiling salted water. When nearly done add sorrel and let simmer until tender. Chop fine, add salt, pepper and butter or bacon drippings. Garnish with brown toast and hard-boiled eggs.

Dandelions with Ham or Bacon

Dandelions are as good as a spring tonic. They are filled with iron and are a splendid blood purifier. Eat dandelions and you may not have to call in the doctor or patronize a drug store. Wash dandelions thoroughly, place half a peck in a pan, cover with boiling water and allow to boil a few moments. Take from pan, drain thoroughly, cover scantily with fresh boiling water, then add a pound of bacon or ham, a teaspoonful of salt, a quarter teaspoonful of pepper. Cover and cook until the meat is tender, and the dandelions are fairly dry. Serve with boiled turnips or potatoes.

Boiled Pepper-grass

This is a welcome variation to the menu; it has a peculiar and piquant flavor that appeals to a great many lovers of good things. Gather them in the morning before they toughen; wash thoroughly and proceed as in the recipe for dandelion with ham and bacon.

J. G.

Eat Cake

AS THE SITUATION APPEARS TO ONE WOMAN

By Eva J. De Marsh

WHAT mean those unseemly sounds at the gates?" inquired the gay young Queen of France.

"'Tis the multitude clamoring for bread, your Majesty," answered a courtier.

"And why do they clamor for bread?" inquired the Queen.

"Because, and it please your Majesty, they have none," answered the man.

"Then why don't they eat cake?" inquired the Queen.

"Eat cake!" You and I laugh at the folly of it. Marie Antoinette had had bread and cakes, and silks and velvets, and warm clothes and a beautiful place in which to live all her life, while perhaps hundreds of those men, women and children out yonder scarce ever had had bread enough to eat. As for cake, I wonder how many of them knew what it tasted like?

Her ignorance cost the beautiful young Queen her head, and yet, Marie Antoinette was not a bit more foolish than many a woman, yes, and man, too, of today. For instance: I read a splendid story the other day. It was filled to the brim with patriotism and self-sacrifice. There was a lot in it to make one think, but it told how women with abundance of means were letting their maids go and doing their own housework, and how the maids were, "going into the factories" instead. I hope they were, but in our city, and many another, I fancy, the factories have all the help they need; indeed, many of them are finding it, for one reason or another, necessary to use less help, instead of more, principally because these same women who have the money, by not spending it, are curtailing the output of the factories; for manufacturers cannot afford to hire help and make that for which there is little, or no, demand.

Theoretically, it's a beautiful thing for milady or milord to wait on himself or herself, and, no doubt, both would be the better for it, in many ways; nevertheless, that retinue of servants they have been maintaining cannot, perhaps, quickly find other jobs, nor can they live on theories. "Thrift" is the watchword of the hour. We do need to save, but in our efforts at economy there must always be the leaven of practicality and commonsense. Employ no more servants, Madame, than you need, but beware that in seeking to serve Paul you rob not Peter. Keeping the grocer's children in shoes and helping to educate the dressmaker's daughter, by your patronage, may be just as important an element in "doing your bit" as buying a Liberty Bond, or subscribing to any of the various agencies for taking care of our soldier boys, essential as that is, but there is no reason why you should not do both. Tom and Dick and Harry do need everything we can do to help them, and we are going to give it to them; but by and by, those boys are coming home, and we want them to find things humming when they do come, and how can they hum unless we keep them going?

There has been a great deal of talk since the war began about eliminating unnecessary business," but somehow those in authority find it hard to say just what is "unnecessary business." Time was when a business might be independent, but that time has long since passed, and today business and personal interests are so closely interwoven that separation seems impossible. When we stop John Smith from doing certain things, Peter Roe and Alec Jones and Arthur Hudson may have to quit, too, for each of them has been getting his living by helping John Smith in some way. Maybe they

can "eat cake," that is, find something else to do, and maybe they cannot. If not, what becomes of the wife and children?

Perhaps each of those men had a little savings account, and now it has to go. Of course that affects Peter Roe and Alec Jones and Arthur Hudson individually, but, too, there are others who feel its effects. For instance: The baker and the butcher and the grocer. And when the baker and the butcher and the grocer have less business, naturally, they will require fewer clerks and bookkeepers and stenographers. Likewise, fewer heads of departments will be needed. And so it goes, in an ever-widening circle. By our mistaken attempt at conservation, we have disturbed the whole social and economic structure of our community. Those hard-headed business men over in Washington know how it is, and that is why they hesitate to apply drastic measures until all others have failed.

Conserve, Madame, but go further and do better, see that your abundance helps just as many people in just as many ways as possible. Not only make the dollars count; keep them moving. Rather than turn Betty out to find work, if she can,

keep her busy in your own kitchen. The world needs many services such as only you can perform, and taking both bread and cake from Betty's mouth is not one of them.

In the winning of this war, material well-being at home is of quite as much importance as military skill and valor abroad. The populace may not always eat cake — indeed, many of us are eating but limited quantities of it — but it must have bread, and it is up to you and me to see that they obtain it in a self-respecting manner. In these days, especially, we must use both heads and hearts.

"The best service for the least money" may be all right, sometimes. At others, it is not, for it is as true today as ever it was that "the laborer is worthy of his hire." It does cost a good deal more to live in these days than it did a few years ago, and it behooves us to save, that thereby we may have to expend judiciously; but with all our saving, we must give, and that to a purpose. While we must make a little go a long ways, in so doing, we must be sure that no one is deprived of both bread and cake; that is, of his rightful living.

At the End of the Years

At the end of the years,
When the twilight nears,
And the sunset fades in the hilly west,
We shall dream of our youth, but never long
For the Summer's smile or the Springtime's song;
For past are the heartaches and the tears,
At the end of the years!

At the end of the years,
When the dusk appears,
And the friendly stars gleam in the west,
We shall find ourselves at a homeland gate,
Where peace and love and friendship wait,
And life at its sweetest cheers —
At the end of the years!

— *Arthur Wallace Peach.*



Queries and Answers



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit \$1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 3933. — "Recipe for Sauce Tartare to serve with fish."

Sauce Tartare

To a cup of mayonnaise dressing beat in two tablespoonfuls, each, of fine-chopped capers, olives, gherkins, and onions and one tablespoonful of fine-chopped parsley.

Mayonnaise Dressing

2 egg-yolks	4 tablespoonfuls vinegar or lemon juice
$\frac{1}{2}$ teaspoonful salt	2 cups olive oil
$\frac{1}{2}$ teaspoonful pepper	4 tablespoonfuls boiling water
$\frac{1}{4}$ teaspoonful mustard	

Beat the yolks, add the seasonings and beat again; then beat in the vinegar or lemon juice (use an egg beater); add one teaspoonful of the oil and continue beating; add oil, a teaspoonful at a time, four or five times, beating vigorously meanwhile, then add the oil by the tablespoonful until all has been used. Finish with the boiling water, beating it in in the same manner as the oil.

QUERY No. 3934. — "Recipe for Blitzen Cake calling for a meringue with almonds on top, given some time ago in AMERICAN COOKERY."

Blitzen Cake

$\frac{1}{2}$ cup butter or substitute	3 tablespoonfuls milk
$\frac{3}{4}$ cup sugar	1 cup flour
4 egg-yolks, beaten light	(Use $\frac{1}{2}$ barley or rye flour)
	1 teaspoonful baking powder

Cream the shortening; gradually beat in the sugar, egg-yolks, milk and flour sifted with the baking powder. Spread the mixture in a shallow baking pan.

Spread the frosting, given below, above the unbaked mixture, dredge with sugar and cinnamon and bake about thirty minutes. For serving, cut in strips about two inches long and one inch wide.

Frosting for Blitzen Cake

$\frac{1}{2}$ cup almonds, blanched and chopped	$\frac{1}{2}$ cup almonds, blanched and chopped
4 egg-whites	$\frac{1}{2}$ teaspoonful cinnamon
$\frac{3}{4}$ cup sugar	
1 tablespoonful sugar	

Beat the egg-whites very light; gradually beat in the sugar and fold in the almonds. Spread on the uncooked dough and over it, dredge the small measure of cinnamon and sugar.

QUERY No. 3935. — "Recipe for Halibut au Gratin."

Halibut au Gratin

This may be made from cooked halibut, left over, or the fish may be cooked especially for the dish. In the latter case, set a piece of halibut over the fire with two or three slices of onion, half a carrot and two branches of parsley, pour in boiling water, just to cover the fish, and heat to the boiling point, then let simmer very gently until the fish separates easily from the bones. The dish should not be too broad, or too much water will be required. Lift out the fish, discard skin and bones and separate the flesh into flakes. Measure the prepared fish and allow one cup of sauce for each cup and a half of fish. For a cup of sauce, melt two tablespoonfuls of butter or butter substitute; in it cook two tablespoonfuls of flour (barley flour is excellent) and one-

fourth a teaspoonful, each, of salt and pepper; add one cup of the fish broth or milk, or half of each and stir until boiling. Butter a baking dish suitable for the table; put in a layer of fish and of sauce, alternately, until all are used, having the last layer sauce. Mix one-half a cup of cracker crumbs with one or two tablespoonfuls of melted butter or butter substitute and spread over the top. Set into a hot oven to reheat the fish and brown the crumbs. The buttered crumbs are the feature of the dish which gives it the name *au gratin*. Grated cheese is sometimes added to the sauce, but is not an essential of an *au gratin* dish.

QUERY No. 3936. — "Recipes for Bran Cookies, Biscuits, Muffins, and Bread."

Bran Cookies

$\frac{1}{2}$ teaspoonful soda	$\frac{1}{2}$ cup sugar
1 teaspoonful ginger	$\frac{1}{2}$ cup molasses
1 teaspoonful cinnamon	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ teaspoonful cloves	$\frac{1}{2}$ cup shortening
3 cups bran	

Sift the soda and spices into the bran and mix thoroughly; add the other ingredients (the shortening melted over hot water) and mix all together thoroughly. Drop from a spoon on a buttered baking pan. Form into smooth rounds. Bake about fifteen minutes.

Bran Biscuits

1 cup bran	2 to 4 tablespoonfuls
2 level cups sifted flour	shortening
5 level teaspoonfuls	1 cup milk or water or
baking powder	half of each (about)
$\frac{1}{2}$ teaspoonful salt	

Put the bran in a mixing bowl; over it sift the other dry ingredients; work in the shortening with two knives; gradually add the milk and mix *with a knife* to a *soft* dough; more liquid may be required. Turn upon a lightly floured board, roll with a knife to coat with flour, then knead slightly. Roll into a sheet about three-fourths of an inch thick, cut in rounds, set in a shallow baking pan and brush over the tops with melted fat. Bake about fifteen minutes.

Bran Bread

1 cup whole wheat flour	$\frac{1}{2}$ cup of molasses
1 quart of bran (not packed down)	1 teaspoonful of soda
1 cup of barley flour	1 teaspoonful of salt
1 pint of buttermilk	

Stir all together and bake one hour.

One Loaf Bran Bread

1 cake compressed yeast	1 teaspoonful molasses or sugar
$\frac{1}{4}$ cup lukewarm water	3 cups whole wheat flour or white bread flour
1 cup scalded milk	Bran as required for kneading, about 3 cups
1 teaspoonful shortening	
$\frac{1}{2}$ teaspoonful salt	

Mix the yeast through the water; dissolve the shortening in the milk; add the salt, molasses or sugar, the yeast in the water and stir in the flour and bran; knead until smooth, cover and let stand until doubled in bulk, cut down and shape into a loaf; when again light bake one hour.

For recipes of Bran Muffins, see Seasonable Recipes in this number of AMERICAN COOKERY.

QUERY No. 3937. — "Give menus for a banquet for club, largely men, at about \$1.50 or \$2.00 per plate."

Menu Club Banquet

I

Grapefruit
Roast Turkey
Rice Cooked with Chopped Giblets, tomato and Green Pepper
Mashed Potatoes
String Beans or Cauliflower
Jellied Sweet Pickles
Liberty Rolls
Endive Salad
Vanilla Ice Cream
Macaroons
Coffee

II

Grapefruit
Roast Saddle or Leg of Mutton
Hominy Balls
Baked Bananas, Jelly Sauce
Potatoes Scalloped with Green Peppers
Lettuce-and-Cress Salad
Liberty Rolls
Charlotte Russe
Coffee

III

Grapefruit
Roast Turkey
Oysters Scalloped with Rice
Mashed Potatoes
Lettuce and Asparagus (canned)
French Dressing
Cranberry Sauce
Liberty Rolls
Pineapple Bavarian Cream
Macaroons
Coffee

IV

Chicken Soup, Oatmeal Bannocks
Creamed Fresh Halibut au Gratin
Olives, Radishes
Cold Smoked Tongue, Sliced Thin
Potatoes Scalloped with Peppers
Norma Salad
(lettuce, canned asparagus, new beets, sliced)
Liberty Rolls
Orange Sherbet, Chocolate and Vanilla Ice Cream
(molded together)
Macaroons
Coffee

QUERY No. 3938. — "Is it or is it not an insult to one's hostess to Salt one's food?"

Salting Food at Table

Our querist puts the question rather too strongly. It might be considered a compliment to the cook to refrain from adding salt to any dish she has prepared; but taste in seasoning varies greatly. If food has been salted according to cooking school formulas — a teaspoonful to a pint of material — enough salt has been used. Often the addition of salt is a habit; one does not taste to find out if there is enough, but dashes on salt without tasting. Then, too, with salt as with all condiments, the constant use blunts the taste and a superfluous quantity seems necessary. Salt, except in very minute quantity, is not a necessity, and is a tax on the eliminating organs, especially the kidneys.

QUERY No. 3939. — "Would like to see in your pages another list of Well-balanced Dinners made up of two dishes, the main dish and a sweet or salad; the meals to be suitable for two adults and two children."

Simple Dinners of Two Courses

(Two Adults, two Children)

I

Boiled Fresh Codfish, Egg Sauce
Boiled Potatoes
Sliced Bananas, Lemon Jelly Cubes,
Top Milk

II

Succotash
(dried lima beans, heart of canned corn)
Liberty Bread, Butter
Prune Jelly, Top Milk
Cottage Cheese

III

Eggs Poached in Cream on Spinach Purée
Baked Potatoes
Delmonico Rice Pudding with Meringue

IV

Hamburg Steak Stirred
into Rice cooked with Tomatoes, etc.
Baked Indian Pudding, Whole Milk

V

Steamed Shoulder of Lamb
Steamed Potatoes and Carrots
Caramel Custard
Oatmeal Macaroons

QUERY No. 3940. — "How may I do away with a Streaked Appearance, both in the crust and the crumb, of bread made with the regulation quantity of wheat substitutes?"

Occasion of "Streaked" Appearance in War Bread

Bread made of more than one variety of flour calls for longer mixing and kneading than bread made with one kind. Thorough kneading will do away with the appearance described, as far as the crumb is concerned. The appearance of the crust may often be improved, if the outside be rubbed over with a little fat or milk before the bread is set to bake.

Oatmeal Fruit Drop Cookies

Cream half a cup of shortening; beat in half a cup of sugar and three-fourths a cup of dates cut in small pieces; add one egg beaten light, three tablespoonfuls of sweet or sour milk, one cup of rolled oats, one cup of barley flour, and one-half cup of wheat flour, sifted with half a teaspoonful, each, of salt, soda and mace. Mix all together thoroughly. Drop from a teaspoon on greased baking pans and shape into neat rounds. Dredge the top with sugar. Bake in a quick oven. Try one cake, and, if it spreads in cooking, stir in a little more flour.

War Time Griddle Cakes

- 1 egg yolk
- $\frac{3}{4}$ cupful milk
- $\frac{3}{4}$ cupful water
- $2\frac{1}{2}$ cupfuls bread crumbs
- 2 cupfuls flour
- 2 teaspoonfuls salt
- 8 teaspoonfuls baking powder
- 1 tablespoonful melted Crisco
- 1 egg white

(Use accurate level measurements)

Soak stale bread until sufficiently soft. Squeeze as dry as possible. Then crumble and measure. Beat egg yolk well, add milk, water, bread crumbs, flour, salt, baking powder and melted Crisco. Beat the egg white and add it. Fry in well Criscoed pans. This recipe makes about two dozen medium sized cakes. Serve with a "conservation syrup" made of apple or other fruit parings, water and sugar. A little Loganberry juice will give it a delicious flavor.

This pancake recipe has been tested and Good Housekeeping Institute thoroughly approves it.

—Mildred Maddocks, Director.

War Time Griddle Cakes

—a good use for stale bread

THE necessity for saving food is responsible for the creation of many new dishes that are in no sense substitutes nor makeshifts. They really are good and worth retaining after the necessity for conservation ends.

War time Griddle Cakes is one of them. You can take stale bread, once a household waste, and make pancakes that you will like as well as those made wholly with flour.

CRISCO
*For Frying—For Shortening
For Cake Making*

Crisco, because of its richness and delicacy, helps to make these economical griddle cakes more acceptable to most people than those made with ordinary cooking fats.

To countless thousands of housewives, known for their excellent cooking, Crisco's richness and purity is an old, old story.

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A Book About Proper Foods

"Balanced Daily Diet", by Janet McKenzie Hill, will help you in your choice of food required for physical and mental needs. The book is illustrated in color and contains much valuable information and many new recipes in which no butter is required. It also has the interesting Story of Crisco. Published to sell for 25 cents, we will send it for 10 cents in stamps. Address Dept. A-4, The Procter & Gamble Company, Cincinnati, Ohio.



New Books

Wheatless and Meatless Days. By PAUL-LINE DUNWELL PARTRIDGE AND HESTER MARTHA CONKLIN. Cloth, \$1.25 net. D. Appleton & Company, Publishers, New York.

Here are two women, one a housewife, the other a practical teacher, who show how to be patriotic, saving and economical and yet "set a good table." In "*Wheatless and Meatless Days*" they have given hundreds of simple and detailed recipes for palatable dishes that can be made without the use of wheat or meat. In the first part of the book, there are many recipes for fine soups, vegetables, salads, meat substitutes and fish dishes, which are cleverly arranged so that either fresh or canned fish may be used in them interchangeably. The second part of the book gives practical ways of substituting other grains for wheat, and tells how to make good bread, cakes, muffins, cereals, puddings and even frozen desserts. Every recipe is easy to make, and contains only ingredients that can be bought everywhere. Best of all, the recipes, while conforming to all of Mr. Hoover's conservation requirements, provide ample nourishment even for children, and are *uniformly inexpensive*. This is a kitchen handbook such as every patriotic American woman needs.

Food Problems. By A. N. FARMER and JANET R. HUNTINGTON. \$0.27 list price, or .20 net to schools. Ginn & Company, Boston, Mass.

The school children of Evanston, Ill., are no longer asking, "What's the use of arithmetic?" In fact they probably know more than you and I about its more practical and valuable application. This is because they are fortunate in having at their head a progressive superintendent with large ideas, and the will to make them effective.

Superintendent A. N. Farmer saw a splendid opportunity for the schools to

co-operate with the government in saving food. He at once proceeded to put his idea into force by giving conservation problems to the pupils, and by writing a textbook entitled "*Food Problems*." The Council of National Defence took cognizance of his work and gave it full approval and support. Mrs. Mary C. C. Bradford, president of the National Education Association, and Secretary H. J. Metcalf, of the Iowa State Council of National Defence, give the book high praise for its practical and patriotic character.

The children are made to realize that they are soldiers, and that the food campaign they are now helping to carry on must be won, if Germany is to be beaten. Such incentive fires the pupils' imagination, and excites them to enthusiasm and thoroughness in their work. They display an initiative in solving food problems that was seldom called forth by the stereotyped problems of determining the relative ages of John and Charles.

But the most important influence of "*Food Problems*" is that exercised in the home. How can any mother ignore the food conservation campaign when her child, day after day, brings home for solution such problems as this? —

"What does your mother pay for milk? Is any wasted? Do you ever leave any in your glass? Is milk thrown away when it sours? About how much milk do you think your home wastes a day? Suppose every home wasted just a tiny bit of milk every day, how much do you think would be wasted in the whole country?" And then, after the problem has been solved, "What are the ways in which we may save milk? Ask your mother (or cook) how she uses sour milk. Let's make a list of all its uses." As one parent writes: "These problems carry food conservation work right into the home. Our consciences prick us as we work these sums with John."

*Keeping step
with the*



FOOD ADMINISTRATION

RYZON Baking Powder is healthful, economical, dependable and makes the success of baking more certain. Its accurate use assists in eliminating waste and is a real help in keeping step with the Food Administration.

The new RYZON Baking Book, too, with its many tested recipes for breads, cakes, pastries, meat and vegetable savories is of valuable assistance in your baking, and contains many war-time dishes. Send for your copy today.

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FOOD DEPARTMENT
NEW YORK

Literally and truly the book teaches both children and parents how to fight food shortage by arithmetic. In other words, practical, common-school arithmetic is here adapted to the actual needs of the hour.

Eat to Live. The Problem of Food Values Reduced to Simple Terms. By SALLY KEENE. Price postpaid \$1.10. Boylston Publishing Company, Boston, Mass.

As our men are being scientifically trained that not one shot be wasted, so must our women be scientifically trained that not one ounce of food be wasted.

The writer has tried to put into these forty-seven pages everything that it is essential for a woman to know to enable her to feed her family intelligently. If, however, a desire shall have been created to go deeper into this most important science, the book will achieve a double purpose.

The results of latest scientific study of foods are here stated in the briefest possible space. As a starting point for gaining acquaintance with a matter of universal interest, the book is worthy of careful perusal by earnest, intelligent women. It may lead to great practical benefit.

A Letter From Somewhere in France

AMERICAN COOKERY,
Boston, Mass.

Dear Editor:

As I have been a subscriber to your magazine for many years, I feel I must write you a word of my experience as hostess in a Y. M. C. A. house in a very large camp here—in a most wonderful part of France, where winter is now past, and the peasants are working at gardening. We have a large grande maison for Y. M. C. A. headquarters, an old interesting house where Napoleon slept when he visited the ville; his room is now a

tea-room for the officers and boasts two closets, quite unusual for a French house.

In my wildest dreams I never thought I should make doughnuts in the cuisine that prepared food for Napoleon, but so it is. We have two tea-rooms and one of the attractions I have for the men is doughnuts. I have three French women to assist me in the tea-room, and we make one hundred doughnuts a day. I have a cooking school recipe that I have revised to suit the present needs, so I will send you my revised recipe. The men say they are good and I have captains, lieutenants, cadets, all coming to the cuisine in the morning when I make them. They just love to come into the kitchen; I suppose it seems like home. Sometimes I dust a little flour on their coats, but always by accident, but I am wandering far from my doughnut recipe, so here it is:

5 cups sugar
3 tablespoonfuls lard mixed together
4 cups condensed unsweetened milk and water,
half and half
3 teaspoonfuls salt
2 teaspoonfuls cinnamon
12 cups flour
9 teaspoonfuls baking powder

Mix, roll, cut out and fry.

I have a box top for a moulding board, a part of a round stick with nails in each end, for a rolling pin, and a small lamp chimney for a doughnut cutter, but, nevertheless, the doughnuts are good, the men say the best they ever ate, so that is enough recompense for me.

Most sincerely yours,

A. M. H.

Dr. Leonard S. Sugden is a champion of Alaska's climate. He cited his own excellent health and vigor, with all his fifty-six years, in proof. A man broke into loud laughter in the audience. "What strikes your risibles?" "Oh, nothing; only I couldn't help thinking that a man who had been seventeen years in cold storage ought to be well preserved."



The Welcome

*That Puffed Rice Got
Will Never be Forgotten*

When Prof. Anderson invented Puffed Rice it became at once a national sensation. At countless expositions, large and small, it was the center of attraction.

We opened a lunch room in the heart of New York. And tens of thousands came there to get Puffed Rice, Puffed Wheat, and Corn Puffs.

We sent automobiles the country over to exhibit these bubble grains. And whole communities gathered about to see them.

Now they are morning, noon and night foods to the millions. They are chief of the breakfast dainties.

Countless men have found in Puffed Grains the ideal noonday lunch. In bowls of milk they form a favorite supper.

Girls use them in home candy making. Boys eat them dry, like peanuts, when at play.

All because they make whole grains into airy, flaky tidbits. They taste like bubbled nut meats. And they easily digest.

Every food cell is exploded. Every atom feeds. Yet they seem like flavory confections.

**Puffed
Rice**

**Corn
Puffs**

**Puffed
Wheat**

Each 15c. Except in Far West

The Silver Lining

Where He Was At

A certain British soldier's letter, according to *Punch*, runs thus:

"I am sorry I cannot tell you where I am, because I am not allowed to say. But I venture to state that I am not where I was, but where I was before I left here to go where I have just come from."

Insect Foresight

On a certain evening last autumn, says the *Washington Star*, a group of farmers sat round the stove in the general store and joined in a general and heartfelt complaint about the ravages of the potato bugs.

"The pests ate my whole potato crop in two weeks," said one farmer.

"They ate my crop in two days," said

a second farmer, "and then they roosted on the trees to see if I'd plant more."

A salesman who was traveling for a seed house cleared his throat.

"That's remarkable," he said, "but let me tell you what I saw in our own store. I saw a couple of potato bugs examining the books about a week before planting time to see who had bought seed."

A young couple went to a minister's house to get married. After the ceremony the bridegroom drew the clergyman aside and said in a whisper, "I'm sorry I have no money to pay your fee, but if you'll take me down into the cellar I'll show you how to fix your gas meter so that it won't register." — *Argonaut*.

The latest in "heat conservation" is the tale of a would-be-surgical-dressings lady who after wading the flooded streets of Cambridge, Mass., arrived at First Parish Church with very wet feet. She anxiously asked, "Where is the register?" and was promptly given a copy of the *Christian Register*, which she declined, saying, "There is nothing dry about that."

An old negro went to the office of the commissioner of registration in a Missouri town and applied for registration papers. "What is your name?" asked the official. "George Washington," was the reply. "Well, George, are you the man who cut down the cherry tree?" "No, suh, I ain't de man. I ain't done no work for nigh onto a year." — *Everybody's Magazine*.

A little town in Ohio. A visiting Easterner stood on the veranda of the hotel, watching the sun go down in a splendor of purple and gold. He exclaimed to an impassive native lounging against a post, "What a gorgeous sunset, isn't it?" The native slanted his head a little and looked



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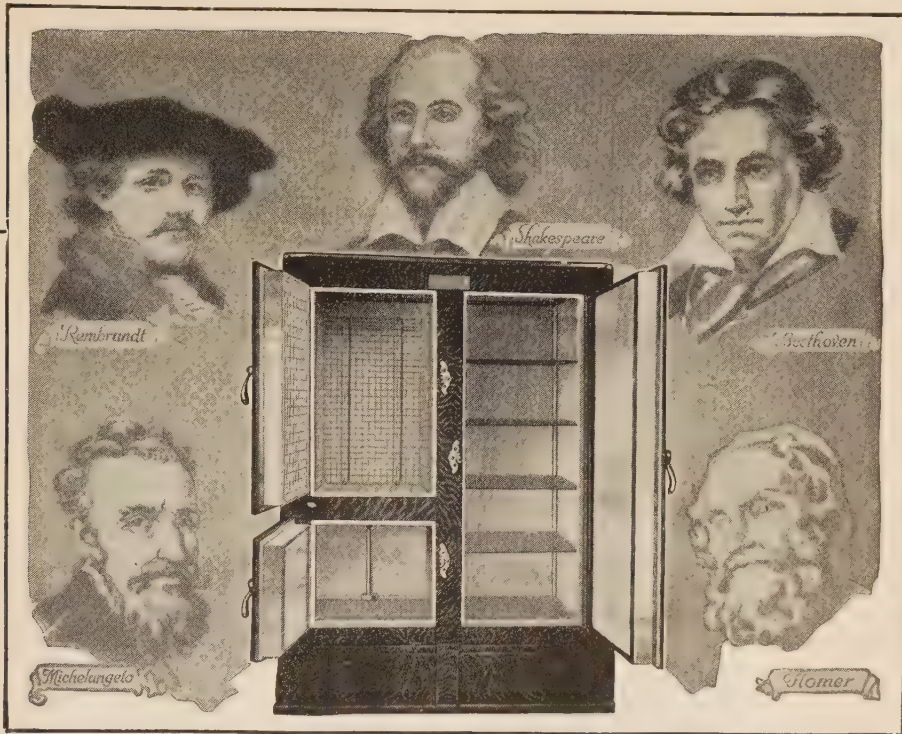
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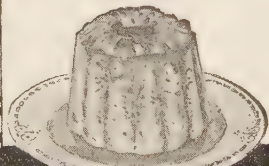
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Your grocer has it — 2 oz. bottle 35c
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MAPLEINE
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critically at the glowing west. "Not bad," he drawled. "Not bad for a little place like Hoopville." — *Kansas City Journal*.

Returning to his parish after his autumn holiday a dignified country clergyman, noticing a woman at her cottage door, with a baby in her arms, asked, "Has that baby been baptized?" "Well, sir," replied the curtsying mother, "I shouldn't like to say as much as that, but your young man came and did what he could." — *Chicago Herald*.

A Long Trip

Professor Graves, we read in *Harper's*, was a member of a college faculty who had the not uncommon scholastic failing of absent-mindedness. One day, it appears, his married sister favored him for a long time with loud praises of her first-born. When she paused for breath at the end of her recital, the professor felt that it was incumbent upon him to say something.

"Can he walk?" he asked, with affected interest.

"Walk? Why, he's been walking now for five months!"

"Is that so?" murmured the professor, lapsing into reflection. "What a long way he must have gone."

A Diplomatic Husband

Alluding to the vexed subject of spelling reform, Sir Robert Borden, the Canadian Prime Minister, tells in an English periodical the story of a lady whose spelling was somewhat erratic. She was sensitive on the subject, and her demands for information as to correct spelling sometimes placed her peace-loving husband in a delicate position.

One day when she was writing a letter she glanced up to ask:

"John, do you spell 'graphic' with one f or two?"

"Well, my dear," was the diplomatic reply, "if you're going to use any, you might as well use two."



Penny Saver

Receipt given in Conservation
Cook Book

Minute Tapioca Makes Meat Go Further

It's called Penny Saver—this appetizing dish. Wouldn't you like to try it? It's one of the ways in which Minute Tapioca may be used as a meat extender—to make the left-over bits of meat or fish assume family proportions. And with no lack of nourishment for the family either.

Minute Tapioca

Minute Tapioca is a basic food. It should be used as an important part of our country's food supply to make the scarce and costly foods go further. Use it in soups, gravies, and with meats, to save wheat flour.

Send for our free Conservation Cook Book, which gives new economical receipts for Minute Tapioca and Minute Gelatine.

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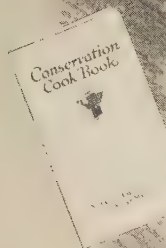
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**SAVE MEAT
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With every roast of meat, poultry, and game, and every baked fish, serve a liberal amount of **STUFFING** or **DRESSING** flavored with **Bell's Seasoning**. Increase the pleasure and decrease the cost.

ASK GROCERS FOR



Seasonable and Tested Recipes

(Continued from page 665)

dients in the bowl three-fourths a cup of barley flour, half a cup of wheat flour, a teaspoonful of ginger, half a teaspoonful of cinnamon, half a teaspoonful of salt and three-fourths a teaspoonful of soda. Mix all together thoroughly. Bake in a shallow pan about eighteen minutes, or in a bread pan about thirty-five minutes.

* * *

Vassar Alumnae in Washington

The Vassar Alumnae of Washington, D. C., will start a cafeteria for government employés. With the assistance and advice of the North and West Extension Divisions of the States Relations Service of the Department of Agriculture, the District of Columbia branch of the Vassar Alumnae has procured a large house on Thirteenth Street Southwest, near the Department of Agriculture buildings, which will be opened and operated in the interest of government employés. This building will be used as a residence for a limited number of the women employee's of the Department.

The chief feature of the building will be a cafeteria, which will be run in accordance with Food Administration ideas. This cafeteria will provide noon-time meals for those coming in to be served, and also hot-box lunches, which may be sent to those desiring them throughout the various Department buildings.

Well balanced evening meals are to be prepared in the kitchens of this cafeteria. These may either be carried home in containers by the employés, or a delivery system may be provided, which will convey the food to different sections of the city. The object of serving these hot meals is not alone for the convenience of purchasers, but is as well to serve the educational purpose of demonstrating the uses of meat and wheat substitutes as advocated by the Department of Agriculture.

Tid-bits from the Tide-rips of the Mighty Pacific



Pioneer
MINCED SEA
Clams

For a quarter of a Century this inimitable sea food from the pure, tide-washed sands of the Pacific Ocean, has pleased with its marvelous salt-sea flavor and its dainty appearance. Highly nourishing too: almost an essential food for child and adult. Most excellent for invalids. In soups, creamed, etc., a fullsome and appetizing food.

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Although less than four feet long it can do every kind of cooking for any ordinary family by gas in summer or by coal or wood when the kitchen needs heating.

There is absolutely no danger in this combination, as the gas section is as entirely separate from the coal section as if placed in another part of the kitchen.



The Range that "Makes Cooking Easy"

Note the two gas ovens above—one for baking, glass paneled and one for broiling with white enamel door. The large square oven below is heated by coal or wood.

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Nesnah is made by adding warm milk and stirring for one-half minute.

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The true fruit flavor pleases the taste and the richness in color of the different flavors makes it an especially attractive and appealing food.

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One box Chocolate Nesnah, one quart milk

Heat one quart of milk lukewarm, drop into it one box of Chocolate Nesnah, and dissolve by stirring one-half minute. Pour into individual glass cups and allow it to stand undisturbed ten or fifteen minutes. Place in refrigerator, and when well chilled serve with a little whipped cream.

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Household size, prepaid, 30 cents
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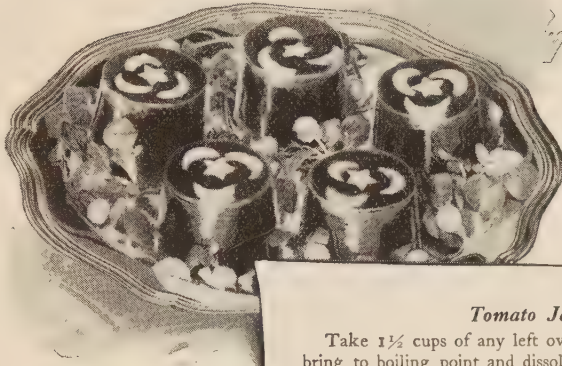
A Vicious Tax

What is Congress going to do about the zone system of postal taxes on second-class mail matter? As the war revenue law now stands, that system will go into effect July 1. Its effect may be imagined from the statement that it will increase postage on periodicals from 50 to 900 per cent. Perhaps there are too many magazines. No doubt, there are some that serve small purpose, or only an evil purpose. But there ought to be a way to kill them off without including in the slaughter the reputable magazines of the country.

The zone system was forced into the revenue laws by the House, which refused to give hearings or to consider the merits of the case, after the Senate, following full hearings, had rejected the measure. The idea of the zone system is nothing new. On the contrary, the policy of zone rates in postage was followed in the early history of our postal system and was abandoned in favor of a uniform rate for obvious advantages to the country as a whole. When it was proposed a decade ago to establish zone rates for second-class matter a joint commission of Congress condemned it as an artificial barrier in the way of national unification and solidarity. It was thought then, in a time of peace, to be socially and politically unwise. Was there ever greater need of national unification and solidarity than today?

In 1912 another commission, of which Charles E. Hughes and President Lowell were members, likewise condemned the plan as entirely impractical. When Mr. Wilson was governor of New Jersey he discussed the subject and said the plan would be a mischievous blunder that would attack and embarrass the free processes of opinion. He also opposed vigorously any such tax on the advertising pages of magazines as this law carries. What is his attitude now that the magazine publishers, threatened with the operation of this crippling and even confiscatory law, are trying to win fair play

—how Mrs. Knox
has made left-overs
into delicious dishes



like
this

Tomato Jelly

Take $1\frac{1}{2}$ cups of any left over tomato stew or soup, bring to boiling point and dissolve in it one tablespoonful Knox Sparkling Gelatine softened in $\frac{1}{2}$ cup cold water ten minutes. Season well. Chopped onion, pepper or celery may be added for flavor. Strain, turn into molds and chill. Serve with mayonnaise, or mold in individual cups.

MRS. Knox has devoted a great deal of time to finding truly attractive ways in which the housewife may utilize "left-overs" and so help our government in its plans for food conservation.

And she has found many inviting uses for "left-overs"—she has devised numerous recipes for your benefit, most of them based upon the very things you generally throw away. She tells you how to make these odds and ends into delicious, appetizing dishes. And what is vastly more important, she has put them into a book of her own—"Food Economy"—that shows you how to practice real war-time economy in your kitchen.

Charles B. Knox Gelatine Co., Inc., 7 Knox Ave., Johnstown, N. Y.



And this is the plain little book that represents Mrs. Knox's contribution to war-time conservation. Send for a copy today—it is free if you mention your dealer's name and address.

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flavor best.
D. & L. SLADE CO., BOSTON, MASS.

for their business, and fair play for those in California, for example, who are readers of magazines published in Boston, New York or Philadelphia? — *The Boston Herald*.

Legal Honesty

A New York lawyer tells of a conversation that occurred in his presence between a bank president and his son, who was about to leave for the West, there to engage in business on his own account.

"Son," said the father, "on this, the threshold of your business life, I desire to impress one thought upon your mind: Honesty, ever and always, is the policy that is best."

"Yes, father," said the young man.

"And, by the way," added the gray-beard, "I would advise you to read up a little on corporation law. It will amaze you to discover how many things you can do in a business way and still be honest."

—*Harper's Magazine*.

The Candor of Childhood

Gladys' beau took her youngest sister Mabel aside and confided in her as follows: "Now, I am going to tell you something, Mabel. Do you know that last night, at your party, your sister promised to marry me? I hope you'll forgive me for taking her away?"

"Forgive you, Mr. Sparks," said Mabel. "Of course I will. Why, that's what the party was for!" — *New York Times*.

This is told of Archbishop Magee of York: After staying at a hotel, an extortionate bill was presented to him by his host, who, after receiving payment, solicitously inquired if his lordship had enjoyed the change and rest. "No, I have had neither," replied the Archbishop; "the waiter had the change, and you've had the rest."

"They've introduced several invocations into the service since I was at the church the last time," remarked Mrs. Twickembury.

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The New Food Product

HEBE has its own place as an economical, satisfactory, healthful feature of the food supply of your home. Combining the healthful properties of evaporated skimmed milk with the nutritious fat of the cocoa-nut, it is ideal for cooking as well as for use over cereals, with coffee, etc. It has the approval of domestic science experts and is used by thousands of housewives.

Hebe has been tested and recommended as follows:—

for **C**offee for **C**ooking for **C**ereals

Hebe gives coffee a tempting, golden-brown color and enhances its flavor. Hebe helps to make delicious cocoa and chocolate.

Dilute Hebe with pure water to the richness desired. Use it in all recipes for soups, oyster stews, gravies, sauces, creaming vegetables and fish, making custard, cookies, puddings, desserts, etc.

Pour Hebe diluted, or undiluted if preferred, over corn flakes, wheat flakes, puffed grains, porridge, oatmeal, etc. Cereals cooked with Hebe are most appetizing.

You may live in a section where Hebe cannot be obtained. As production increases, the needs of your section will be supplied through your local retail grocer.

THE HEBE COMPANY, GENERAL OFFICES, SEATTLE, U. S. A.

Guaranteed to be pure and wholesome

Buy advertised Goods — Do not accept substitutes



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The Kitchen is the *real* battleground in the war on waste. And the Hoosier Kitchen Cabinet is the biggest factor in home defence. For America depends on her housewives to save their time and strength as well as food. Hoosier saves all three.

The Hoosier cuts kitchen work nearly half. It places for 400 articles all within reach save miles of steps. It saves food by preventing waste in measuring and mixing and by keeping supplies in protected places.

With it you get combined ideas of the Hoosier Council of Kitchen Scientists, of which Mrs. Janet Hill, Editor of *AMERICAN COOKERY*, is a member.

Send today for our valuable booklet, "New Kitchen Short Cuts." It will be sent free

The Hoosier Kitchen Cabinet Co.
New Castle, Ind.



Hebe Story

Hebe, a new food product made from cow's whole milk, from which the animal, or butter-fat, has been extracted, and in its place vegetable or cocoanut fat substituted, is just appearing on the market. Hebe is rich and creamy in consistency and pours from the can. It is highly recommended for all uses in cookery, for coffee, or cocoa and as a beverage. For ordinary use it should be diluted with equal parts of water, though some housewives maintain that, due to its delicious richness and good flavor, it can be diluted still further.

Cocoanut has long ranked as one of the most nutritious and wholesome of foods. Its nut fat is particularly appetizing; though making up 7.8% of the product the flavor of cocoanut cannot be detected.

An average analysis of Hebe contains:

Fat.....	7.8 %
Protein.....	7.18
Milk Sugar.....	10.70
Ash.....	1.20
Total Solids.....	25.5
Fuel Value, Calories per lb.....	663

It is a perfect emulsion and provides, in the purest and most assimilable form, protein, fat and mineral salts.

Hebe has been introduced at the psychological hour — just when food educators have been advocating the use of vegetable fats, in order to conserve animal fats for stricken Europe. Some educators say that it is only a matter of years until vegetable fats will be used exclusively in cookery.

Hebe has another strong point, in that every can of it is uniform in quality — no varying in richness or purity. A dish made with Hebe one week will be made exactly the same the next week — and results will be identical.

Hebe is manufactured by The Hebe Company of Seattle, Washington. It is sold in two size cans, six ounce and one pound.

WHILE carrying on the ever-pressing task of feeding our own households, let us religiously and joyfully save the meat, wheat, fat and sugar for those whose needs are imperative, as by so doing we have the consciousness of knowing that we are feeding the hungry and shortening the duration of this most frightful and abhorrent war.

The Best Forms of Wheatless Bread

Oatmeal Bannocks
Barley Beaten Biscuit
Rhode Island Johnny Cake
Virginia Spoon Corn Bread
Buckwheat Griddle Cakes
Buckwheat Muffins
Boston Brown Bread
Corn Dodgers



OATMEAL BANNOCK
(See page 744)



MUSLIN UNDER-CURTAINS AND CHINTZ OVER-DRAPERIES

American Cookery

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No. 10

How Shall We Curtain Our Home

By Mary Harrod Northend

THE value of harmonious color scheme has awakened a new interest in house furnishing, for the disposition of house-mothers is to be smart and up to date. This means an increase of good taste and a development of correct decoration. Unconsciously we form an opinion of a home by its individuality and the artistic grouping of the furniture, that it may blend with the wall hangings and the draperies as well.

The time has passed when people with a thought of economy hold on to odds and ends they have accumulated with no realization that they can purchase, for a very reasonable sum, charming materials that do not clash. In order to bring out the thought of hominess, be sure your draperies and upholstery harmonize, and that your windows are not too elaborately dressed. Curtains hung with becoming simplicity are surely in far better taste than flashy ones that jar as you enter the room.

Surely fine muslins, or sheer hem-stitched curtains of voile, that hang flat against the glass are much more appropriate than showy lace ones. Once was the time when material considered by the frugal housewife as too good to throw away was delegated to the children's room, thus teaching them poor taste, and lack of harmony that really was harmful. Today, rarely, if ever, we find a nursery such as this, for mothers have come to realize that gay, light colors are necessary in order to brighten the room where the little ones live and grow. Dainty, white muslin, with inside ones of soft madras in rose, or blue, are ad-

missible, all the more as both sets of curtains are washable and thus may be kept fresh.

The best way to work out this idea is to imagine your window as a frame for a picture outside. This will determine you how to hang your curtains correctly. Bear in mind they must give privacy without shutting out too much light, and, at the same time, striking a pleasing note in the room-furnishing. Your window dressings are essentially a part of your decorative scheme, therefore, they should be of a quality that will look fresh from the outside. Two things must be definitely decided, as to the material and color, whether it shall be in the same line as the wall-hangings, or of a pattern where the tones do not occur elsewhere. Remember that one with bold coloring and design focuses our attention much more, when the walls are plain, and that this idea should not be used unless for some special reason you wish to bring out the window.

Curtains of plain fabric need decorative valances and over-curtains in order to make them more effective. Occasionally, we find Holland shades and those of chintz that are used instead of the white ones, but they must be very carefully chosen. Otherwise they call attention by their pretentiousness. When these are used, only one set of hangings are necessary. This should be of white, sheer fabric, if chintz forms the shades, but if it is a painted Holland curtain, then a plain heavy drapery is more appropriate. Colors are really art, and they cannot fail to leave a definite psycho-

logical effect upon us; therefore, they should be carefully used. Red is exciting, and yet it is practical for a northern room, where warmth has to be procured by wall covering and drapery. In addition to red, there are other colors that are admissible for a room such as this; among them are yellow, orange, golden brown, or rich rose. The cost of these hangings need not deter any one from their use, for while they are found in printed linen and cretonne, the former, thirty-one inches wide to fifty, costing from a dollar and a half to seven ninety a yard, the latter are much more reasonable, being purchased from forty cents up. The printed linen is used a great deal, and can be found in the stores in hundreds of shades and patterns. It far exceeds the cretonne in wearing quality, and can be easily cleansed, coming in better colors. Therefore, the cost, while more at first, equalizes on account of its durability.

Sunny rooms require a very different color scheme, for flooded with sunshine,

blue, green, cool gray and soft delicate colors are more adaptable. Blue is calm and restful, and also has the advantage of making a small room look much larger. It needs, however, a touch of rose or yellow, to warm it up.

Of the many charming arrangements for "over-hang" the simplest is the gathered valance. This can be hung either between the side panels, or running entirely across the whole width of the window. It makes a difference in the appearance whether a valance is too long or too short; a high window will take a deeper one than a small one. On the contrary, if you put a narrow valance over a wide window, it will lessen the height of the room, so much so, that with a low-studded room, it often must be omitted.

There is no doubt that inside curtains, as well as valances, add much to the charm of the window, but you must remember that, if your walls are plain, a figured drapery is harmonious. On the other hand, if there are spots of color in rugs, upholstery or walls, in order to



CASEMENT CLOTH CURTAINS OUTLINING A GROUP OF WINDOWS



BRIGHT CHINTZ OVER-CURTAINS WITH SIMPLE WHITE MUSLIN UNDER-CURTAINS

keep a good balance, plain hangings are advisable. A very good way of hanging the inside drapery is to string them on a separate rod that is hidden under the valance. One reason for this is, they can be drawn at night, and surely nothing gives a cozier feeling than the shutting out of the world outside.

There are some houses where the windows are grouped. In cases of this kind, they need special treatment. Sheer glass curtains are adaptable where the window overlooks a charming view, but they should have outside draperies of chintz or linen in order to break the plain surface of white. There is one kind of curtain that any housekeeper can easily use, which comes within the reach of even the most limited purse, and that is unbleached muslin. It is a little cheaper if purchased by the bolt, and one of the advantages is that it can be dyed to match any color scheme needed. A very pretty arrangement for a blue room is straight under-curtains of unbleached muslin, with "over-hang" of plain blue,

topped with a valance of the same color that has been pleated and run through a rod. Straight folds are being used more and more, for the looping back of draperies, more especially if tassels or fringes are used; this means dust catching, which the prudent housekeeper wishes to avoid.

In addition to unbleached muslin, scrims are found, both white and in color. They come either plain or with drawn-work design, which allows, if you like, to run ribbon through, in order to brighten it up. The old colonial prints are always in good taste; they cost from a dollar and forty cents a yard upward, and are thirty-one inches wide. Many of these are very charming, showing rose buds, butterflies and tiny figures, which give a distinctness to the room through their use.

Plain nets in ecru, red, greens and browns are very dainty for chamber use. They come also in cross-bar and lattice work effect, costing from twenty to thirty-two cents a yard. In dealing with



A SHADE SHOWING AN ITALIAN PAINTING,
OVER-DRAPERIES

material we must not forget the madras, running from thirty-six to fifty inches wide, and economical, as they cost only about twenty-five cents a yard. This material also comes in chintz colorings, although a trifle more expensive. One of the fabrics, also popular, is known as monk's cloth. It is almost as coarse as burlap, but with a wonderful silk weave, which adapts itself decoratively for this use.

As some of these curtains are of a very light material, it is oftentimes advisable to weight them with shot, so that they will not blow out of place as easily. This is more especially true when they are used as half-sash curtains. The advantage of these hangings is that they can be easily laundered, and every house-keeper knows that when they come next to the window-pane they become very much soiled. This often necessitates a duplicate set, which can take the place of the others.

Sunfast materials have the quality of not fading as quickly as other draperies. Today, however, there has been such an advance in the manufacture of cretonnes and chintzes that they stand the wear

and tear much better than those made several years ago. Silkoline can be used economically and does not fade, as is shown by one set of yellow that was in use for twelve years, keeping as fresh as when first placed. In a way this soft color is advisable, for a white muslin curtain often lends a glare that is unpleasant, especially to those who are sensitive to color. For people such as these, sheer soft silk can be purchased. These goods are easily laundered, but require much more care than does a white muslin curtain.

One should study each individual window, in order to ascertain what is best for the hangings, for no two are alike, even if there is only a few inches difference. Do not follow the same fashion every year, but try and vary your draperies, if only by using different material for warm weather and cold. This idea worked out in a decorator's house was most effective. For the summer months a pale orange was shown at every window, the same coloring being used for the furniture. When cold weather appeared, this was changed to a rich shade of red, the furniture, without covers, following the same tone.



A COLONIAL PRINT

There is no doubt but that window curtains which are very much draped create lines that are out of harmony with the window itself. This means that great care should be taken in choice, bearing always in mind that the room should grow better with each change, and that background should be most carefully considered. So many people make the mistake of not giving this sufficient consideration, with a result that it is only moderately satisfactory, principally on account of bad setting.

How to hang them is a matter that is

difficult to determine. It depends entirely upon the size and shape of the window and the color of the trim. This is sometimes so bad that it is better to cover it as much as possible; and an important thing that every housemother should keep in mind is that the hangings serve three purposes; one to add a note of richness to the decorative scheme; second, to regulate the amount of light in the daytime; and third, to give seclusion at night. Good taste makes or mars a room, and fortunate it is for one whose good taste predominates.



PRINTED LINEN CURTAINS, WHITE VOILE UNDER-CURTAINS

Faith

Bare boughs spreading your branches out,
 Grey-brown, lacy and free,
 Naught you tell of the life within,
 Naught of the summer to be.
 Yet we know,
 We know.

Bare ground lying so sere and dull,
 Brown colored, lifeless and dumb,
 Naught you tell of the blades unseen,
 Naught of the flowers to come.
 Yet we know,
 We know.

Bare mounds filling acres of God,
 White marked with stone or unknown,
 Naught you tell of the Infinite plan,
 Naught of the Life that has flown.
 Yet we know,
 We know.

Hattie H. d'Autremont.

May-Basket Maids

By Alice Margaret Ashton

IT isn't as if he was not 'married' to us forty-seven different ways," murmured Helen Fulsom plaintively. "There is Cousin Amelia —"

"Oh, don't go climbing the 'family tree,'" interrupted Mabelle Perkins, impatiently. "Of course we can every one of us 'cousin' him without being really a bit of relation. Jack Craig is —"

"It isn't as if there was another young man within a hundred miles," cut in Carrie Cline, crisply. "His being 'button-hole' relation and tall and handsome and distinguished isn't what makes Jack Craig so desirable. It is just that he is the only available man in all this desert of femininity. And he shuts himself up in that great barracks of a house and acts—"

"He is working. He hasn't time for pink-teas and moonlight," defended Linda Wilson.

"Oh, Linda!" chorused the remaining three, "it is an exceedingly bad sign when a girl begins defending a man's conduct! Especially conduct that can have no possible basis for justification!"

Linda joined unabashed in the general laughter. That no one need fear a rival in a sweet, old-fashioned little thing like Linda no one realized more perfectly than Linda Wilson herself.

"But he is working," she insisted when she could make herself heard. "I think that is fine in any man who doesn't need do so. And he doesn't 'shut up' all the time, of course. It is just for this important research work for the government."

"Oh, we all reverence the great John Sterling Craig," admitted Mabelle Perkins with a shrug, "and we lay claim to a common cousinship with due satisfaction. That is why it is disheartening to be so thoroughly snubbed."

"Does he ever come over here?" Helen questioned curiously, glancing toward the

high wall that separated the charming Wilson garden from the spacious grounds of the neighboring grey old house. "I guess, after all, I'd be scared if he did bestow his attentions!"

"I consider the whole situation maddening," Carrie insisted. "Here we sit, languishing for adventure, yet secretly scared to death of a boy who swiped our apples and stole our dolls and scared our pet cats not ten years ago!"

"And now he comes back looking, in spite of his eye-glasses, like any great, big, nice boy without an idea in his head. He beholds our charms, and we might be the dust of the earth beneath his feet for all the attention he gives us."

"It's because we are only the girls he grew up with," defended Linda once more. "Men are always that way."

"If he were half as keen as he believes himself, he would discern that Helen already can compose verses that would wring emotion from a painted Indian. And that Mabelle produces on canvas sights that cause Mother Nature to wring her hands in envy," retorted the irrepresible Carrie.

"Oh, we're not particular about being considered geniuses. If he'd even look upon us as ordinary girls, and not merely as so many objects scattered over the landscape," they disconsolately mourned.

"And we are really rather nice, you know," they concluded with commendable modesty.

"Girls, let's make him recognize us." Carrie's eyes grew darkly brilliant at the audacity of her proposition.

"Is there any legitimate way we haven't tried?"

"Tomorrow is May Day," she reminded impressively. "Four charming May Baskets from four charming young women ought to make some sort of impression upon any living young man."

"He will think we are crazy," objected cautious Helen.

"If he possesses a particle of humor, he will think we are too delightful to be ignored. If he is without humor, we may as well know the worst at once!"

"Give us the particulars," demanded the embryo artist. "We'll stand behind you, but we need instructions."

Inspiration seldom deserted vivacious Carrie. "Why not present him with our most charming acquisitions?"

"Helen shall write him the real thing in poetry that will make him literally sit up and take notice — only remember, Nell, it isn't fair to obtain undue influence by being sentimental!"

"Mabelle shall contribute a picture — suggestion, a young man on a desert isle entirely surrounded by research!"

"Linda shall draft ten rules of etiquette. He needs them badly, and Linda is qualified; she's the best behaved girl in the township. Make 'em strong, Lin, and never mind a small thing like his feelings!"

"As for my own contribution — I think I'll have to go and stand on his doorstep personally, since I never can do anything half so funny as —"

"Here, here, after all these precautions as to unfair influence!" objected the others emphatically. "You leave his doorstep when the rest of us go; remember that."

Through the fragrance of her old-fashioned garden Linda Wilson walked that evening. "They really mean to do it," she assured herself. "Of course, it is all right, and Jack will enjoy it hugely. But I simply cannot do those rules of etiquette; I never can do amusing things like Carrie, or be clever like the other girls."

"After all, it is only a joke. I'll not let them think me entirely stupid. I'll put something in my May Basket, even though it is no use trying to make Jack think I am clever."

But a little hurt persisted in spite of this sensible resolution. All her life long

Linda Wilson had desired to appear well in the eyes of this boy in the big grey house.

And though she concealed her uneasiness quite successfully during the day following, while she secretly prepared her mysterious May Basket, and while she formed one of the quartette of girls creeping stealthily through the dusky grounds to the shadowy old doorway in the twilight, she was glad when her friends had departed, and she might wander about her garden in the soothing darkness.

As to Craig's state of mind upon discovering the joke played at his expense Linda was not long left in doubt.

"Lin," he called, as he dropped easily over the dividing wall. "You here, Linda?" And she could discern the laughter in his voice.

"Oh, I say, you girls have rubbed this in good and plenty!"

"Girls?" Linda questioned, hastily shutting a door in the face of that persistent little hurt in her heart, as she advanced to meet him.

"Never mind feigning innocence," he told her. "Don't you suppose I know little old Mabelle made this picture?"

He drew a flash-light from his pocket and thrust it into Linda's hands. "Hold it so you can see. I want you to look at this masterpiece, and to hear this poem of Helen's, and how that minx of a Carrie reminds me she has done a few little stunts on her own account. Mighty clever of you girls! Listen!"

Linda was positively proud of the zest with which she joined his merriment.

"Oh, I needed it all right," he admitted gleefully. "And this wasn't all, Linda!"

"Oh, please," Linda protested hurriedly. "I am not clever and gifted, and there is no use pretending I am." And the persistent hurt popped open its carefully closed door and sounded tremulously in her voice. "Please don't say anything about that, Jack. And don't tell the girls!"

"Not say anything about it?" re-

peated Jack Craig indignantly. "You just listen to me, young lady, and hear what I have to say about it!" Then, with a masterful hand he reached over and switched off the flash-light.

"Linda! Linda! Linda!"

Three excited girls burst into Linda Wilson's sun-room at an unprecedented hour next morning.

"Did you get one?" they chorused, waving aloof three notes of alluring appearance. "But, of course, you did."

"Yes, I did," Linda admitted noncommittally. "And now how do you feel?"

That did loosen a flood of exclamations.

"We think very highly of our cousin, John Sterling Craig!"

"I told you he merely needed jogging a bit," triumphantly from Carrie.

"To think of an auto trip to Sunset Lake — and supper at the club — and home by late moonlight!"

Presently they remembered to ask: "Have you seen him since, Linda?"

"He came over for a moment after he found the baskets," Linda explained. "He was immensely amused, of course. He said he deserved it all right."

"I couldn't help feeling a little worried," Helen confessed, "about what he might think of us."

"What could he think, after the apple-swiping and the cat-chasing and the doll-stealing?" demanded Carrie, deeply indignant. "And after all, it was not very personal; there is always safety in numbers, you know."

"Never be too certain on that score. We'll see whom he takes out in the seat with himself," suggested Mabelle darkly.

"The one he cares least about," declared Linda with her quaint little air of wisdom.

"It's the one he brings home beside him in the moonlight you need to watch out for," surmised the shrewd Carrie.

Jack Craig's handsome eyes twinkled as he collected his happy party in his big touring car that afternoon, cere-

moniously placing little Linda Wilson in the seat beside the driver's.

"If it were not for seeing Jack's eye-glasses and Linda's hair-pins, I'd feel about fifteen," Carrie confessed to her seat-companions, as they sped beneath budding trees and by greenening meadows. "That is the disadvantage of sitting in the back. Now Jack and Lin, with only the road before them, can be as young and happy as they please!"

Apparently Craig, at least, did feel an exuberance of youthful spirits. Indeed, except for the scholarly eye-glasses, it seemed hard to believe that he had gone out into the world and achieved distinction since the days of their childish games and spirited disagreements.

What the long, delightful ride through the lengthening sunshine had not accomplished with their healthy young appetites, a sight of the daintily appointed table overlooking the reddening waters of Sunset Lake completed.

"How lovely," was the concerted comment as they took their places.

"Why-ee! Hearts — bride's roses!" Astonished glances met, then flashed accusingly round the little group.

Linda did not look innocent! In fact, she was not innocent, as something flashing warmly upon her finger attested.

"None of you are innocent," laughingly admonished Craig, as if he comprehended their thoughts. "You precipitated this affair upon a hard-working bachelor who had not taken time to consider what a forlorn and lonely mortal he was until he opened those May Baskets!"

"To show my gratitude, I'm going to invite three of the finest fellows in the world down here for a week before the wedding next month and give you girls the time of your sweet lives!"

"Linda Wilson," demanded three stern accusers, when this astonishing news had been partially realized, "what did you put in that May Basket? No mere rules of etiquette ever accomplished results like this. We positively have to know

before those friends of Jack's arrive."

"Shall we tell 'em, Lin?" Craig smiled at his guests, tantalizingly. "It was something that means more to a man than poetry or pictures—it was simply the best rhubarb pie I ever cornered in my life!"

A three-pointed silence drifted about the rose-wreathed table.

Then Carrie Cline spoke solemnly. "If I can wheedle my mother into giving me enough flour and shortening and sugar, will you teach me to make a rhubarb pie, Linda Wilson?"

Bringing The War to Lockwood Corners

By L. M. Thornton

WHEN Stella Cooper returned from boarding school, she found that her Lockwood Corners' home had forgotten to turn the calendar, and the entire family was living back in the early days of 1917, when there was a war somewhere in Europe, and a man named Bryan, who let his hair grow for twenty years, because the shape of his ears didn't suit his wife, was talking about a white Dove of Peace over the world.

At first, she was shocked and afterward incredulous, but at the end of the first week she realized that being shocked and incredulous wouldn't turn the calendar ahead on the Philander Cooper farm,—not in a thousand years.

Just when she woke up to this fact, her mother was taken seriously ill, and she found herself suddenly converted into cook and housekeeper for three little Coopers, aged five, nine and eleven years, father Cooper and two hired men, who had helped with the farm work in summer and wood cutting in winter as long as she could remember. The sudden transition at first required all her strength and energy; and she cooked, as her mother had, potatoes, wheat bread and meat for breakfast, meat, vegetables, bread, pies—always a loaded table for dinner, and a supper quite as sumptuous.

At the end of the third day, her mother was a little better, and Stella, after the breakfast work was finished, sat down to think. The paper that morning had contained an editorial which convinced

her that, since there was no one else to do the work, it was quite time she brought the war to the Philander Cooper farm. Her father never read editorials, and being a peace-loving man, he read only the headings of the war news, and confined his attention largely to the local happenings and the crop reports.

The editorial she clipped out and placed on his plate where he would be sure to see it, and dinner was held in the kitchen that noon, until he had time to read it. When his daughter entered, he made no comment and neither did she, but that night, when he found a food conservation card in the window, he mumbled something about colleges that sent girls home too lazy to cook as their mothers did, and anxious to find any excuse for shirking.

After supper she asked him for money for a year's subscription to three Cooking Magazines, and, although he handed it over, he remarked a little sarcastically that it was bad enough to face a period of starvation without having to pay some one for learning how to do it scientifically.

Breakfast the next morning was decidedly different from that to which he had done justice every day for years past. The children were openly delighted with it; the hired men complimented the flushed cook, and in his heart father Cooper was a little proud of the daughter who could make the most delicious corn cakes he had ever tasted (he always declared corn fit only for feed for pigs),

and serve them with fruit, eggs, coffee, and cookies, making a breakfast to which all did ample justice. A vegetable loaf for dinner took the place of meat, and an oatmeal bread proved so excellent a substitution for wheat that he forgot to inquire for the "staff of life," without which he had insisted no meal was complete.

For a week Stella followed the menus found in her magazines, and the family, from being incredulous and fearful as to the offerings of the various meals, became openly eager to taste the new dishes and charmed with the most of them. Father Cooper was the only dissenter, and he insisted that he missed his twenty-one meat meals a week, and, if he had dyspepsia, he would know that war-bread was the cause of it.

The interest in war foods, however, was effecting a change in the meal-time conversation of the family. Incidents of happenings in camps and with Pershing's army were given, the children showed a surprising knowledge of Thrift Stamps, War Certificates, and Liberty Bonds. The amount of food it would require to feed a million men "Over There" set father to figuring, and the day after he had computed the amount of beef that would be required, allowing each of our soldiers the same quantity he had consumed during the days when mother did the cooking, he developed a new interest in a meat-substitute dish Stella was that morning creating from a recipe given in a just-received copy of her favorite magazine. The meat substitutes were really good eating,—he had never felt better in his life; corn and rye might have been created for human beings, after all, and every time he got up from a wheatless, a meatless or a near sweetless meal the owner of the broad acres of Cooper farm realized a little more than before the fact that America is at war, and that our chance of success, the comfort and the very lives of our soldier boys, depends upon the patriotism of the people at home.

At the end of a month a Red Cross card and a War Chest card hung in the window beside the Food Conservation pledge; the two older children had their names on the honor roll of their school for the purchasing of Thrift Stamps, and the village bank could have told you that Philander Cooper was setting a good example in the purchase of Liberty Bonds.

Then he suffered his relapse. Mother had recovered and Stella went to visit a friend in a neighboring town. Mother brooding over the kitchen range reminded him of the days when he feasted to his stomach's content, and, because she liked to believe that old-fashioned cooking was best, after all, mother encouraged him in planning a day of feasting, such as he had not known for months. Bacon and wheat cakes and syrup and countless other good things for breakfast. Boiled ham and cabbage and a dinner fit for a king. Corned beef, cold boiled ham, chopped cabbage, baked beans rich with bacon, supper was the crowning meal of all, and that night father went to bed rejoicing over the fact that he had outwitted Stella and the whole bunch of conservation preachers, and had one day of real old-fashioned eats.

Stella returned at ten o'clock that night and letting herself in with her latch key she heard strange and unearthly sounds coming from her father's room. Groans and cries and gasping for breath quickened her steps, and rushing in she found him lying flat on his back, his face purple, and his breath coming in labored and uncertain gasps. Quickly she turned him over, shook him to awaken him, calling for her mother, as she did so, and, while home remedies were applied, one of the hired men drove for a doctor whose coming seemed their only hope.

The next morning Philander Cooper, weak and a little shaken by his experience, sat down to a meatless, wheatless breakfast, and smiled tenderly across at his eldest daughter. "Our boys and our allies need the meat and the wheat," he remarked soberly, "and I've made up

my mind to do my share. You can go away for a week, if you want to, little girl, and mother and I won't backslide. You said once you believed that through food education you could bring the war to Lockwood Corners and you pretty near succeeded, for you led me to realize that the war has to be won right here in the United States, but — and he chuckled the droll little laugh that always brought an answering snicker from Doris and Benny,—it took corned beef and cabbage

and baked beans to bring it right home. I tumbled into a trench last night with a three-hundred pound German sitting on my chest, and he was just stuffing a bomb of poison gas down my throat when you came in and turned me over. That's as near as I want to get to war, and you can buy three more cooking magazines and send the bill to me, if all the knowledge there is in the world about war-foods isn't to be found in those you've already got."

Dairy Products and Food Conservation

By U. S. Food Administration

WHAT ARE WE TO DO ABOUT MILK? That is the all inclusive question put to the United States Food Administration, and their equally inclusive answer is:

(1) LEARN HOW VALUABLE AND NECESSARY IT IS TO YOU.

(2) DISTRIBUTE IT IN THE VERY BEST POSSIBLE WAY SO THAT ALL MAY BE FED ACCORDING TO THEIR RELATIVE NEEDS, AND,

(3) WHATEVER YOU DO, DON'T WASTE ANY!

Mark well from the very beginning that the United States Food Administration has never said: "Stop using milk." It has always said that we must use it, every drop of it. No substitute for milk as a food has ever been found. The Food Administration realizes this and here, as in all its regulations, it has been extremely careful not to ask the people to do anything that would impair their health. It is looking ahead to the future welfare of the nation, as well as to the immediate needs of the world.

If we unravel the milk question, we find many other questions, for the production and consumption of milk always involve the production and consumption of other dairy products. Why

is it advisable to use butter on the table, but not in cooking? Why are we urged to use cheese? Why is cream "under the ban" in recipes issued by the Food Administration? And, incidentally, is the milkman getting rich at our expense?

Milk is very valuable as a food. Its protein is most adaptable to uses by the body; its sugar is easily utilized; it supplies lime; while butterfat contains something absolutely necessary for children and probably for older persons as well.

We use butterfat (1) as cream, especially in desserts, (2) in whole milk when we use it as a beverage or use it to make cheese, (3) as butter for our bread, and (4) as a fat in cooking. We are very fond of it in all these capacities, but, probably, we consider whole milk as a beverage for the children and butter for our bread as the most important.

Unfortunately the supply of milk, and consequently of butterfat, is limited. Here in the United States, with our population of 100,000,000, we produce only 39,354,116,300 quarts of milk every year. Of this, 4.3 per cent must go to feed calves, while 6.6 per cent is used for ice cream and condensing; 89.1 per cent is left for butter-and-cheese making and for consumption in fluid form. That gives each of us not more than 350 quarts

of milk a year, and that means about 23.1 pounds of butterfat apiece; not so much for butter, whole milk and cheese, to last three hundred and sixty-five days, and still less when you face the fact that the allies are depending largely upon us to provide butter for their bread. In view of our rapidly increasing population strong efforts should be made to increase milk production.

In view of the facts that butterfat is so valuable to the body, and that there is a limited supply, the United States Food Administration has made two rulings. The first one reads: **USE BUTTER ON THE TABLE, BUT NOT IN COOKING**; the second one: **DO NOT USE CREAM AS A LUXURY. IT IS A VALUABLE FOOD.**

Using no butter in cooking can hardly be said to be a hardship. There are plenty of other edible fats for us to use in this way. There are the vegetable oils—corn oil, cotton-seed oil, peanut oil, other nut oils; the hardened vegetable fats, such as hydrogenated cotton-seed oil and the nut margarines; and the oleomargarine made largely from beef fat; as well as many combinations of animal and vegetable fats upon the market. They are not so expensive as butter, they are good pure foods, and they give good results.

When it comes to using no cream as a luxury, you may argue that you like whipped cream, and you don't see any difference whether you consume your butterfat that way or as butter. It is easy to understand your enjoyment of cream. There is no doubt that we all like it and would enjoy using it. A spoonful of whipped cream adds so much to the charm of a dessert, it makes such a pleasing consistency when combined with other materials.

But here lies the difficulty. A man who eats cream in desserts does not cut down on butter for his bread. His psychology does not work that way.

You may be able to afford to buy, not only all the butter you need for your

bread, but also all the cream which you consume as a luxury. But you cannot alter the fact that everybody needs some of that butterfat and that, by pursuing your "money bag" policy, you would be eating more than your share.

There is another thing. Experts tell us that every child under six years old should have a quart of *whole* milk every day; they have recognized for some time that it is the children who most need butterfat. Germany has recognized it, and is guarding her milk supply with the greatest of care. Here are her regulations: Children under six years may have whole milk; children six to ten years, skim milk; and people above that age may have *no* milk unless they are sick or wounded.

Let the dairyman skim his milk to provide cream for you, and where is the whole milk for the children?

The butterfat question boils down to this: There is not enough of it for us to use all we like. The unessentials must go. The Food Administration has pointed out what the unessentials are: Butter in cooking and cream as a luxury.

The policy of the Food Administration in urging us to use cheese may, at first thought, seem contradictory, for these reasons: Most of it is made of whole milk, thus using up butterfat, and we certainly do use a great deal of the milk in making it—about five per cent of the milk produced. Of course we all realize the value of cheese as a food—it ought to be valuable, since it is made of milk—but what the average man cannot see is this: Why we shouldn't produce more butter and less cheese.

In the first place, it would throw upon the market great quantities of skim milk. Would the consumer buy it? He doesn't.

But cheese can be made of skim milk.

Cheese can be made of skim milk, but it is not very palatable nor very acceptable to the cheese-eating public. Cottage cheese could be made of it, but it is very perishable and impracticable to handle on a large scale.

In the second place, cheese is almost a by-product of the dairy industry, being made at a time when the flow of milk is so great that it could not all be placed in consumption in liquid form, or even in the form of butter, without such an oversupply of one or both that milk prices would drop below the level which encourages milk production. Butter-making does actually use up a great proportion of the milk produced,—about 41 per cent.

Furthermore, we have on hand, at the present time, large quantities of cheese, marketable at fair prices, and every effort should be made to utilize this before the new production season begins, since it is a valuable food and a desirable substitute for meats.

As has already been pointed out, milk contains, in addition to the butterfat, milk sugar, which is thought by many to be somewhat more easily utilized in the body than the familiar table sugar; it contains proteins which have special value in building and renewing the tissues of the body. One of these proteins, called casein, is familiar in the form of

the milk curd that separates from the whey when the milk sours; another is present in the whey. The lime salts which are abundant in milk are, also, very important in building the body and keeping it in good condition. There is no other common food from which lime salts can so readily be obtained. It would take eight and one-half eggs, for example, to provide the same amount of calcium as is contained in one glass of milk.

It is an important food for all of us. With grown people it should form, as Dr. McCollum says, "An adjuvant of the diet." We have not pursued Germany's policy of forbidding it to adults, and in the United States it is not likely that we shall ever have to do so.

However, we must think of the children first. Infants live almost entirely on milk, and its importance in the diet of children under ten cannot be overestimated. **WHOLE MILK FOR THE CHILDREN** is playing safe, and no matter what the price we cannot afford to let them go without it.

Our Vow!

We are willing, Uncle Samuel, to adjust our every
need,
To annihilate the Kaiser in his ravaging and
greed!
Just as our forefathers battled for our treasured
LIBERTY,
We will fight to guard its principles for all
humanity!

We will Hooverize and specialize about the foods
we eat;
We'll eliminate the sugar and reduce the wheat
and meat;
We will laud corn, rye and barley and the other
war time foods,
And economize on fuels and all else the law in-
cludes!

We will buy "THRIFT STAMPS" — as many
as the government allows, —
Then invest in "BONDS OF LIBERTY"! and
triplicate our vows
To continue in the righteous fight against
AUTOCRACY —
Never stopping till the WORLD IS SAFE FOR
TRUE DEMOCRACY!

Caroline Louise Sumner.

We Two A-Canning

By Margaretta H. Blakemore

ONCE more the fruit peddlers and hucksters are causing mobilization of fruit jars, jelly glasses and preserving kettles, and once more we, as commanders-in-chief of the army thus drafted, begin a still hunt for supplies and new ideas with which to outwit our enemies. While you pore over a huckster's cart or, worse yet, poke over the chance heterogeneity of some fruit stand or grocery, I am calmly buttering my bread and trying to decide whether I want wild raspberry or plum, or elderberry or sarvis berry, or choke cherry or blackberry jam, or whether I would prefer crab apple or elderberry or gooseberry jelly, or, again, whether I would prefer one of those combinations that leaves you curling your tongue for a good hour and wondering what you have eaten and why the good Lord didn't make it taste that way in the first place, so you wouldn't have missed it all these years.

Yes, I am buttering my bread and eating from last year's stock, because my canning and preserving and jelly-making is entirely dependent on forage from woods and fields, or from some fruit tree that has so long fought wind and weather without help that it would swear that it was not planted, but, like Topsy, it "just grewed."

Like the nursery hero, some of our ups have been downs, so that I play Jill to my Jack only the three months of the year I am not teaching. Jack, in the meantime, lives in the high mountains, fifty miles or more from the railroad, and, because everything is freighted in by team, must, perforce, take as his staff of life the bacon, beans and flour that a summer tourist so soon learns to groan over. Even with these and no frills the H. C. L. is enough to insure our money being kept in circulation — and then

some. Right here is where those glorious woods step in to help.

Down close to the water stands a hopeless looking tangle of underbrush and, as you pause to wonder how you are going to break through, red-black knobs attract your attention. If of the initiated, you chortle "raspberries are ripe," and that is the last we shall see of you for some time, that is, if the berries last that long. And if they last beyond that point where you can really face a berry and not have your mouth drop open involuntarily, you will probably take them home and make jam or mix the juice with apple and make jelly, or you may even hunt up that recipe for scones you got at the Exposition and make raspberry scones. Or you may decide you want sun preserves and mix the berries with equal weights of sugar, cook for about ten minutes and then put in the sun in shallow dishes covered with glass, and let it stand for two or three days or until thick.

About the time you really get interested in your raspberries, you may stumble across another bush. This will not grow itself into a tangle, however, but will be a genuine bush with blue-green foliage and blue berries with a warty little tuft at the blossom end. You will find the berries all the way from the size of a slate pencil to the end of your little finger. Their name is sarvis berry, and they were one of those used by the Indians in the early days when we and not they were the interlopers.

It is a distinct surprise when you taste your first berry. Growing, as they do, usually in places where the sun shines full and hot, you are generally thirsty when you find them, so that the mealy berry, while pungent in flavor, seems to lack something. That same lack is felt when it is cooked alone, for you notice, first of all, the mealiness. But when

something else is added — well, the sarvis berry jam shelf is not the least popular one.

The things combined were many, but we decided upon two as the ones for our shelves — mint with a trace of lemon, and spices. Somehow the mint seemed to bring out all the woodsy odors of those sarvis berries.

The same might be said of wild plums. If ever there was a poem in eatables it is embodied there. As you roam the mountain sides, on horse or a-foot, you are attracted by a glow of reddening leaves. Then, as you come nearer, there is another red, the red of round balls the size of big marbles. As you get nearer still, comes the pungent fragrance from those selfsame balls that teases your fingers to pick them. And when you do, and pop a few into your mouth, the bitter-sweet of them curls your tongue and continues to curl it in memory for years to come. It is really too good in itself to mix or confound with any other flavor, and you wait with nose a-tilt to lose none of the odors until that plum jam is done and you can, at least, lick the pot. If you happen to be of that temperament which insists on mixing, try choke cherries and plums. It does not improve either especially, but makes a new flavor which is impossible of description and is really as good as the two from which it was derived, a thing which does not always happen. Or if you are one of those prodigals who believe in present use, and not June to December hoarding, little crinkly-edged tarts will taste as good as any jam ever could. To think that such lusciousness could grow on a thorny, stickly bush, little higher than your head,—a bush that sheds its leaves before summer has ever thought of departing!

Across the open fields as you swing along lies a scraggle of bushes. Far away it looks as if there were not leaves enough to cover them, near at hand you marvel that leaves ever tried to grow at all in the stubble of thorns that confront you at every point. Branches or ber-

ries, it matters not, every inch of space has its stiff little bayonet on guard to warn you off. Every touch of the unwary (and most of the wary too for that matter) is rewarded with a fine crop of pricklers that, when they come, come to stay. This, if you please, is the wild gooseberry, which, like many another good thing, believes in safety first.

My! how my fingers prickle and ache at the very thought of all those bucketfuls of gooseberries that found their way to the jelly kettle. Jack did his full share, and, between us, we managed to account for two dozen pints of gooseberry and two dozen pints of gooseberry-and-apple jelly. That looks, perhaps, like more picking than it really was, for each batch was good for from two to four extractions of juice, all depending upon the ripeness of the berries when picked. They made me think of the story we used to hear of the African missionary who was pitched into the thorn bush to see him squirm. I now have twice as much sympathy for that missionary as I ever did before, for where every rose has a thorn, every gooseberry has *a hundred* thorns, and my idea of that thorn bush was a rose bush.

In this, as in the rest of your wild things, you get that distinctively elusive flavor that makes you want to sample again and yet again. It tastes like ordinary gooseberry jelly, in a way, and yet it is more than that. You can tell, without even prodding your memory or the phrenological bump sacred to hunches, that nothing but the big out-of-doors could have produced anything with so much prismsed sunshine and perfume in it. Man may be able to get size and shape, and flavor too, from the things he has worked with, but for the really piquant flavors and smells, the things which are naturally and not artfully delicate and refreshing, nature herself has never been rivaled.

And then let me gather with you crab apples from a gnarled and twisted tree which has lost every semblance of civilized

restraint. Those, too, bubble in our jelly kettle, and when used with the gooseberry juice add more sunshine and perfume for our waiting shelves. The apples, however, are not extracted, but the juice, as we shall use the pulp for apple-butter and preserves.

Later in the season we are introduced to another wild thing so beloved by our fathers. From spring throughout the summer great lace-like pannicles of bloom have tossed and showered above our heads, calling the bees to buzz over and about them. The bees are gone now and where were the blossoms appear little knobs — green at first, then changing to velvety blue-black. And when they are really black — what a scamper, for it is a case of first come first served, when elderberries are ripe, and the race is a keen one between birds and their foraging enemies, man. Stained and sticky are the hands that reach ever higher for the heavy clusters, — but stains count for naught when the goal is one as palatable as elderberry pie. And what can escape the present pie-crust go to join the reserve ranks on jelly and jam shelves. Here is another flavor that defies betterment; but just the same we prodigally

mix with apple, raspberry, sarvis berry and gooseberry (for jelly) and create still other mysteries, — mysteries which are aided and abetted by our spice shelves and herb gardens until they are almost as complex as the experiments in a perfume laboratory. When completed, they are fully as soul satisfying, too — yes and appetite satisfying. Oh, cookery is truly fascinating, when you can make such witch pots as these conjure your spells for you!

Oh, yes, you city folks, with your markets and delivery boys! You can go down and say, "Now let me see, I want two fresh pineapples, a box of strawberries, some alligator pears, and a basket of peaches" (all at the same time if your purse holds out that long), "and be sure you *hurry* that order," and in a few minutes a smart delivery boy is at your door. Then you cut them up to serve, and your family yawns and says, "Mother, can't we have something else? I'm tired of this." Would it not be a pleasure to pop one of my jars onto the table and give them a taste of the woods where you were last summer? After all, I am not so sure that my Jack and I are to be pitied for our fifty miles of marketlessness.

Rain Voices

Of all the voices singing
In this world of ours,
I love the little voices
Of the twilight showers.

From the garden softly
Drift their murmurs in
Like the far off crooning
Of a violin.

Like one who hears an organ's
Far, twilight-breathed refrain,
I hear a lost, loved music
In the voices of the rain.

Like a charm low-chanted,
On the heart they fall,
And mem'ries come returning
We thought beyond recall.

We dream of faces vanished
Amid the misty years;
We know the sweet of silence,
That follows after tears.

Arthur Wallace Peach.

Voices

By Frances E. Gale

MEN are returning to the soil. To many it would appear to be a first approach, rather than a return; yet frequently it is to those who have not hitherto known her that Earth makes her strongest appeal, as a child, raised in ignorance of a mother's devotion, might find in late-won knowledge a joy keener than could be felt by those who had always possessed it.

Back to the soil! From time to time a murmur has been heard that sounded like those words, growing a bit louder of recent years, but gaining few listeners. Those who heeded were for the most part failures, or, at least, discouraged, in fields regarded as worthy of keener effort. To the majority, if they heard at all, the whisper was as the rustling of dry leaves—it carried no living message. What was the soil to them? Upon granite pavements their feet could move more swiftly in pursuit of the objects their hands sought to grasp. Within the walls of brick apartments physical ease could be found, freedom from irksome duties, petty responsibilities. If mental ease did not always companion those advantages, few suspected that the unheeded murmur carried the explanation. Stronger and stronger grew the whirlpool suction of the city, faster and faster spun the atoms drawn into its vortex; buildings continued to pile mountain high, hiving myriads of human beings upon space scarce wide enough for one family to live upon in comfort; miles upon miles of narrow strips of earth, its natural functions as mother to mankind granite sealed, served as speedways for the throng that hurried, hurried, always hurried, each striving to overtake the one before him, feeling the one behind pressing upon his heels. Up streamed the lights here, there, dotting the broad earth over, beckoning the moths to

wherever the city candle flared, blinding their eyes to the limitless treasures waiting to be gathered from millions of quiet, sunlit acres.

Then the murmur, caught only by a few, rose suddenly, swelled, overcame the clatter of human tongues, commanded, thundered; forcing attention, then fear, then obedience: **BACK TO THE SOIL!**

A man heard—a tired, life-worn man, one who had seen others pass him, day by day, in the race he was too heavily weighted to have any hope of winning. Hearing and trembling, as did others, he looked about for means to obey the command. The only scrap of the breast of Mother Earth to which he had a right to turn was the small plot upon which his shabby home stood. Half of that space might be cultivated, if his hands could learn to serve nature as faithfully as they had served men for more than fifty years. Fear for himself and others urged him. Above his head he seemed to see a whip, the long lash curling into letters which spelled “HUNGER,” and extending over heads he loved better than his own.

During his few free hours daily he worked, ignorantly, clumsily, but with fear-driven energy, until the surface was cleared of rubbish, and the soil beneath laid open by the spade to rain and sun. His tense nerves relaxed a little. He forgot, at times, the spur that had driven him to this unaccustomed task. He began to feel that between himself and this plot of earth existed a kinship. It responded to his touch. If he asked of it, and asked aright, it promised to produce from its own breast food for him and his. His hands worked as diligently as before, but his brain worked, too, and with new problems, superseding those sordid ones that had formerly oc-

cupied every conscious hour. The air and exercise brought sounder sleep and clearer wakefulness. His mind seemed emerging from a bewildering mist.

Beneath the littered surface of the yard there was good soil. The man added what fertilizer he could obtain and worked it in with spade and hoe and rake. He had always been methodical at his desk. The habit asserted itself as his interest in his new labor grew. He pulverized the soil carefully, working it over again and again, till finally it lay before him ready for his will as to what it should produce.

"Before planting," he said, "I must make paths, dividing bed from bed."

From the center walk to the limit of his space, at either side, he hollowed out narrow footways at regular intervals; then considered what he should plant between them. The decision called for care. It might mean the difference between filled and empty stomachs a few months hence.

When it was made, and the seeds were procured, he placed them carefully in the ground as directed, and smoothed the earth above them. Bed after bed he filled, and finally stood, the evening light

falling about him, looking down at his completed work.

Completed? If the work were completed with what he had done, of what avail would it be for him or his? Completed! Say rather, begun. From now on invisible hands must take it up. Invisible feet must tread those walks that he had made. Upon those small, dead things that he had hidden in the earth there must work a Power over which he had no control or influence, unless, indeed, through faith that it would be exerted to feed him and his. A Power not of fear but of Love must work this miracle, to bring his feeble effort to fruition and to justify his faith. As he contemplated his work, he noticed the rough and wavering edges of the footwalks he had made. With sticks and twine he contrived a reel and by its guidance straightened the lines between the rows of buried, waiting seeds. And as he finished a Voice spoke. He listened, lifting his face toward the sky, though it was his soul that heard:

"PREPARE YE THE WAY OF THE LORD. MAKE HIS PATHS STRAIGHT."

Plant the Seed!

What do we do when we plant the seed?
 We plant the things which our country needs.
 Life for the soldier over the sea;
 Necessities for you and me.
 We plant the rock on which we found
 The State — the Church — and all things sound.
 With God's good aids — the rain and sun,
 We plant the things which beat the Hun!
 So you and I — all must take heed
 And cheerfully — gratefully plant the seed!
 What do we plant when we plant the seed?
 Crops of gratitude we may read
 In eyes of those whose stricken lands
 Are fields laid bare by fiendish bands,
 Their strength hangs breathless on the hours;
 Their suppliant glances rest on ours.
 Humanity is in the scale!
 This country must not — shall not fail!
 Then rise each town, and strive to lead!
 That's what we do when we plant the seed.

B. Nason Hamlin.

Spirit vs. Letter

MR. HOOVER and his colleagues in the food administration worked out a plan they thought would help you when they ordained that on Monday and Wednesday we should go without wheat, and on Tuesday without meat, and that we should observe a special porkless day on Saturday. Nobody really cares whether you eat beefsteak on Tuesday or not. You can have nice white rolls on Monday, if you happen to find that most convenient, and still have no reason to feel that you have been disloyal and unpatriotic. The thing that actually shows you to be disloyal is your disregard for the spirit of the demands that lie behind these food saving days.

It was with considerable forethought that the food administration chose the days they did for the various sorts of food-thrift days. Judiciously they make no thrift requirements for Sunday; that's when we all of us are inclined to do honor to the things of the table. Friday, because so many people keep it as a meatless day anyway, was also kept free from any special obligation. To have ordained it as a wheatless day might have meant too much of a sacrifice for some persons. And there are special conditions of the market, too, that make the days as they have been given by Mr. Hoover most convenient. The hotels that are carrying out this program to the utmost find the arrangement most convenient.

But it sometimes happens in a small family that there is more good sense in changing the days around. Sometimes it happens that there is left-over meat for Tuesday, which will not conveniently save till Wednesday, and sometimes it needs must happen that we have

something containing considerable wheat flour left over for one of our wheatless days. Then by all means use it up. Remember that the gospel of the clean plate and the rule of the cleared ice box and larder are of utmost importance. It is after all by the contents of your food refuse that your thrift is to be judged, and when to keep any of the food-thrift days means throwing good food away there should be no problem in your mind as to what you ought to do.

So, too, it may be that in your family the best results can be achieved by having no meatless days, and by having no wheatless days, but by eating very little meat and very little wheat at any time. Perhaps it is hard to accustom your family to a "meatless meat dish." Perhaps, too, members of your family dislike fish and egg dishes. Then, if you can make a meat loaf that requires only a very little meat and have that two days, you have achieved as good a result as you would by having one meatless day and eating full rations of meat on the next day.

As a matter of fact, we are now getting ashamed of being seen eating meat on Tuesday or bacon on Saturday, and we almost choke if we try to eat white bread on Monday or Wednesday. Hotels and restaurants lose caste when they do these things. And this is exactly what Mr. Hoover hoped and knew would happen. He knew that custom and example are great guides to conduct, and he knew that, as soon as he established a fad and fashion for thrift, he would have achieved success in his project. But remember — the spirit comes first and then the letter of the law. — *The Sunday Herald*.

Do not consider a discontinuance of subscription to your Culinary Publication as long as the war lasts. The conservation of foods, as directed by the United States Food Administration, is made a special feature of every issue of AMERICAN COOKERY. Let us co-operate in the work and help everybody help until victory is won. We aim to be sensible, reasonable and always helpful in working out this food problem that is so pressing at this time.

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Sworn to and subscribed before me — a notary public —
the 29th day of March, 1917.

(Signed) HERBERT B. BAILEY.
My commission expires August 30, 1923.

ENTERED AT BOSTON POST-OFFICE AS SECOND-CLASS MATTER

O Russia!

O RUSSIA, struggling to be free
From Autocratic tyranny;
War torn, disheveled, everywhere,
Grasping at peace in mute despair,
Our sympathy goes out to thee!

Thy blinded vision cannot see
The warlord's sheer duplicity!
Of his base purposes beware,
O RUSSIA!

Yield not ambition's aim, we plea,
For master rights of sovereignty!
Evade the crafty Prussian's snare,
Lest it engulf thee unaware,
And aggravate thy misery,
O RUSSIA!

Caroline Louise Sumner.

RIGHTEOUS INDIGNATION

WE believe there is such a thing as righteous indignation. If ever there was an occasion for the exercise of this feeling it is now. For the calamities, horrors, that have been inflicted on the world in the past four years, responsibility must be placed somewhere. In human history events do not happen without causes. It is safe to say that the prime cause of the whole trouble, and present world-wide strife, may be traced to the simple fact that a single nation could not have its own wilful way, not with its own people, but with the rest of the earth. To this imperial, autocratic will the civilized peoples of the earth will never submit.

We need to think hard, to speak plain, and act quick. As a people we do not seem really awake to our responsibilities. One of our ex-Presidents recently said:

"The fact that America has not yet really awakened to what the war means, the peculiar ignominy of our inability after a year to be of any considerable military assistance, is due primarily to the fact that for decades the peace-at-any-price propaganda in this country has eaten into the moral fibre of our people.

"The Pacifists have taught that peace was an end, instead of a means to an end, whereas righteousness is the end, and peace is good only as it is the handmaid of righteousness."

Peace, peace! There is no peace. The war is at our doors. We must talk of nothing and do nothing that does not make directly to the end of war. After which we may unite once more to cultivate the pursuits of peace.

THE DUTY OF THE DAY

WE are doing all we can to promote the saving of food supplies. Would that we could do more; for we aspire to serve the cause that is of the utmost importance to us all. No doubt we fail to please or satisfy some, per-

haps many, of our readers, yet we are trying to do our bit of service in spirit and in truth. In the present somewhat uncertain, unstable condition of food supplies, we advise housekeepers to note carefully, and select those items of admissible foods that seem best suited to their respective needs, feeling confident that others will do the same thing, and, at the same time, observe the rules of the food administration. One of these rules is, "whatever you do, don't waste any food." This is a direct personal obligation. "Our Allies need wheat and meat and fats and sugar. They must have more of all of these than we have been sending, more than we shall be able to send unless we restrict our own consumption. We can do this without harm, for, as a nation, we are today eating and wasting much more food than we need." Another rule is, "Use Fruit, Vegetables and Potatoes abundantly. These foods are healthful and plentiful and, at the same time, partly take the place of other foods which we must save."

This winter we have been cutting wood; this summer we must raise all the foods we can for home use. Our motive, our object is common, one and the same, to co-operate in every line of industry and in every undertaking, and do everything we possibly can to achieve a just and righteous peace.

WAR FOR HUMANITY

WAR, in a good cause, is not the greatest evil which a nation can suffer. War is an ugly thing, but not the ugliest of things; the decayed and degraded state of moral and patriotic feeling, which thinks nothing worth a war is worse. When a people are used as mere human instruments for firing cannon or thrusting bayonets, in the service for the selfish purposes of a master, such war degrades a people. A war to protect other human beings against tyrannical injustice; a war to give victory to their own ideas of right and good, and which is their

own war, carried on for an honest purpose by their free choice, is often the means of their regeneration. A man who has nothing which he is willing to fight for, nothing which he cares more about than he does about his personal safety, is a miserable creature, who has no chance of being free, unless made and kept so by the exertions of better men than himself. As long as justice and injustice have not terminated their ever-renewing fight for ascendancy in the affairs of mankind, human beings must be willing, when need is, to do battle for the one against the other.

— *John Stuart Mill.*

LOYALTY

THE people who have the deepest reason to be loyal to this country in its conflict with the powers of darkness abroad are the Americans of German descent who had previously espoused the cause of their Fatherland. Their piety has been dishonored, their confidence has been abused, their defence has been discredited, and their faith has been undermined. They had a reverence for what was great and noble in the land of their fathers; they refused to believe in the reports of baseness; above all, did it seem absurd to suppose that the people whose kindness and truth they knew, could be guilty of the immeasurable savagery and unlimited falseness with which they were charged. It has all been abundantly proved; the half has never been told. The details of treachery which have lately been exposed, of insidious hypocrisy on the part of her highest representatives, sicken the mind and make faith in human nature tremble. To find one's highest and surest trusts crumbling to dust blown by the wind, to discover illusion in the greatest certainty, is reason for turning right-about-face. Germans most of all will profit by the restoration of truth and good-will in their government.

— *The Christian Register.*

THE OFFICIAL U. S. BULLETIN

OWING to the enormous amount of government war work the governmental departments at Washington are being flooded with letters of inquiry on every conceivable subject regarding the war, and it has been found a physical impossibility for the clerks, though they number an army in themselves now, to give many of these letters proper attention and reply. There is published daily at Washington, under authority of, and by direction of the President, a government newspaper — *The Official U. S. Bulletin*. This newspaper prints every day all of the more important rulings, decisions, regulations, proclamations, orders, etc., etc., as they are promulgated by the several departments, and the many special committees and agencies now in operation at the National Capital. This official journal is posted daily in every postoffice in the United States, more than 56,000 in number, and may be, also, found on file at all libraries, boards of trade, chambers of commerce, the offices of mayors, governors, and other federal officials. By consulting these files most questions will be found readily answered; there will be little necessity for letter writing; the unnecessary congestion of the mails will be appreciably relieved; the railroads will be called upon to move fewer correspondence sacks, and the mass of business that is piling up in the government departments will be eased considerably. Hundreds of clerks now answering correspondence will be enabled to give their time to essentially important war work, and the public will have performed a fundamentally patriotic service. — E. S. R.

A French girl, 16 years old, has written to a prominent war worker in Washington: "There is a river in France so narrow that you can talk across it, birds can fly across with one sweep of their wings. There are great armies on either bank. They are as far apart as the stars in the

sky — as right and wrong. There is a great ocean — it is so wide that the sea-gulls cannot fly across it without resting. Upon either shore there are great nations. They are so close, however, that their hearts touch."

Prevention of waste is the greatest aid to food conservation.

A hospital dietitian speaking of the changed habits of people, as eating bread made of mixed flours instead of the white flour bread they have been accustomed to, said that many are cheered with improved digestion, and have learned that the new bread is more laxative and more conducive to health. It is a blessing in disguise.

There is no virtue in a monotonous and unsavory diet. The saliva will not flow and digestion is impaired, if meals are not appetizing; and to this end we commend to you Cordon Bleu and her kind.

A French touch when Hooverizing may be necessary to preserve the family peace, keep the home fires burning and insure a real victory over wastefulness.

Each issue of *AMERICAN COOKERY* is adapted to the housekeeper's needs for the current month.

Jester's Song

Jester of the Court am I,
Giving sad folk pleasure;
Weary eyes forget to cry,
When I dance a measure.
Clad in motley, green and gold,
Silver bells a-ringing.
Few men can a smile withhold
At my merry singing.

Gold's a jest, and fame's a jest;
Swing the bells still faster.
Youth's a jest, and life's a jest,
But love is each man's master.

Who would weep the hours away?
Time and youth are flying.
If the skies are dark today,
What's the use of sighing?
Grey days come, and grey days go,
Laughter follows sorrow.
To the winds with all your woe,
Love will smile tomorrow!

Christine Kerr Davis.



PINEAPPLE-AND-CELERY JELLY SALAD. (See page 745)

Seasonable and Tested Recipes

By Janet M. Hill

IN ALL recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. Where flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or teaspoonful of any designated material is a LEVEL spoonful. In flour mixtures where yeast is called for, use bread flour; in all other flour mixtures, use cake or pastry flour.

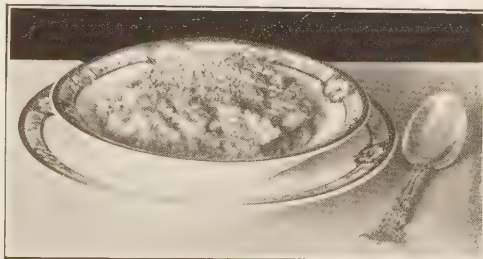
Potato Soup

SLICE an onion and cook in a double boiler with three cups of milk a few dried celery leaves, and two parsley branches twenty minutes. Meanwhile cook four pared potatoes in boiling, salted water to cover until tender; press the potatoes through a ricer into the water in which they were cooked. Melt three tablespoonfuls of butter substitute; add three tablespoonfuls of barley flour, a teaspoonful of salt and one-fourth a teaspoonful of paprika; stir until well blended, then add a little of the potato liquid, and stir until smooth; add more liquid gradually and stir until boiling, then stir into the rest of the liquid; add the hot milk and strain into the soup dish. Stir in three tablespoonfuls of tomato catsup and sprinkle the top of the soup with a teaspoonful of fine-chopped parsley.

Black Bean Soup

Let one pint of black or dark red kidney beans soak over night; drain, wash in

cold water and rinse and drain again. Set to cook in two quarts of cold water. Slice an onion and let cook until yellowed slightly in one or two tablespoonfuls of fat. Add to the beans with two parsley branches and a few dried celery leaves. Let simmer until the beans are soft, adding hot water as needed to keep the quantity the same as in the beginning. Press the beans through a sieve; add two teaspoonfuls of salt, one-half a teaspoonful of paprika, one-fourth a teaspoonful of curry powder and, if at hand, a cup of tomato purée. Heat the soup to the boiling point. Beat two tablespoonfuls of fat to a cream; gradually beat in two



OATMEAL WITH GRATED CHEESE. (See page 738)

tablespoonfuls of flour, dilute with a little of the hot soup, stir until smooth, then return the whole to the soup kettle and let simmer fifteen minutes. Skim, and the soup is ready. Serve a slice of lemon and a slice of "hard-cooked" egg in each plate of soup.

Oatmeal-and-Mushroom Soup

Peel and chop an onion; put into a double boiler, add three tablespoonfuls of chicken or bacon fat, or vegetable oil, and stir and cook over a slack fire until yellowed a little; add one quart of boiling

salt and let cook until the potatoes are done. Add one cup, each, of stewed tomatoes and canned corn and heat to the boiling point. Add half a teaspoonful or more of salt and two cups of rich creamy milk, scalded over hot water, and serve at once with oatmeal bannock.

Cornmeal with Cheese

Put two cups of water and half a teaspoonful of salt directly over the fire. When boiling gradually stir in cup of cornmeal mixed with a cup of cold water. Add the moistened meal gradu-



BAKED FISH, WITH PARSLEY AND POTATOES

water and a teaspoonful of salt, and while boiling directly over the fire stir in half a cup of oatmeal; let boil about five minutes, then let cook, covered, over boiling water an hour or longer. Strain into two cups of milk and reheat. Stir five mushroom caps, broken in pieces and cooked in a tablespoonful of fat, over the fire about three minutes and turn into the soup; rinse out the pan with some of the soup, adding three tablespoonfuls of cream if convenient. Sprinkle the soup with a tablespoonful of fine-chopped parsley after it is turned into the plates. Dried mushrooms, soaked in cold water, or two or three tablespoonfuls of mushroom catsup, may be used.

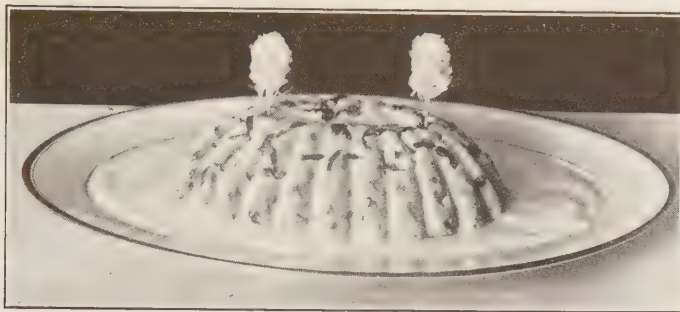
Corn Chowder

Slice a small onion and enough pared potatoes to make one pint; add two cups of boiling water, and a teaspoonful of

ally, that the mixture be kept at the boiling point. When all the meal has been added, set the boiler over boiling water, cover and let cook an hour or longer, stirring occasionally. Just before serving, stir in from half to a full cup of grated cheese. Serve, sprinkled with more grated cheese, and a small piece of butter or fat as a breakfast cereal. Sugar and milk are unnecessary — though milk may be used. Oatmeal may be served in the same manner. The cheese should not be given to young children.

Baked Fish, Parsley and Potatoes

Rub over a baking dish with fat; in it set a thick slice or a solid filet of fresh fish. Scrape on a little onion juice, if approved, also a few slices of green pepper. Make broth with the trimmings of the fish, a slice of onion and piece of carrot. Pour a little broth over the fish



MOLDED FISH, NORWEGIAN STYLE

and let cook in the oven about twenty minutes, basting with the broth three times. Pour off the broth; thicken it (add enough more to make two cups) with three tablespoonfuls of fat creamed with one-fourth a cup of barley or rye flour, half a teaspoonful of salt and a dash of pepper. Meanwhile cook one pint of potatoes, in cubes, in boiling salted water; drain, season with salt and chopped parsley and turn around the fish, set on a hot dish. Serve the sauce in a bowl. Pass Philadelphia relish with the fish.

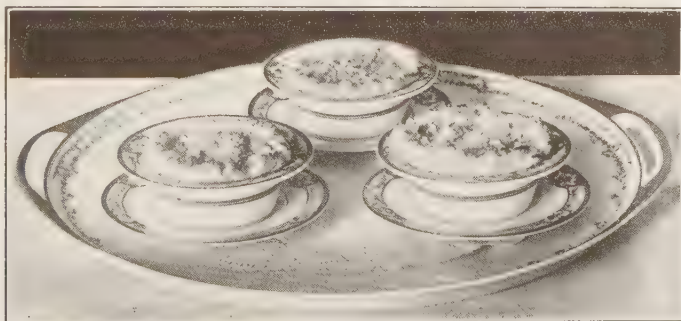
Molded Fish, Norwegian Style

Any variety of cooked fish may be used; baked or boiled fish left over is usually selected. Separate half a pound of fish (a cupful well-pressed down) into flakes and, using a wooden pestle (or spoon) press or pound it into a paste; add a raw egg and work it in smooth; add three-fourths a teaspoonful of salt, half a teaspoonful of pepper, and a cup

of thin cream (top of the milk in a bottle), and when these are thoroughly blended, beat in another egg, first beating it thoroughly. Grease a mold holding between two and three cups; press into the fat, capers, shredded peppers, or fine-chopped parsley; turn in the mixture, and set on several folds of paper in a baking pan; pour in boiling water and let cook without boiling the water until firm in the center. Serve with tomato sauce or with a sauce made of fish-stock and cream. The sauce should be flavored with onion juice and other vegetables, as the fish is of very mild flavor.

Little Fish Pies

These are made of mashed potato and "left over" fish. Rub over earthen ramekins with vegetable oil, press potatoes, mashed and seasoned as for the table, into them to line with a layer of potato half an inch thick. Make a cream sauce of two tablespoonfuls, each, of fat and barley flour, one-fourth a teaspoonful, each.



LITTLE FISH PIES

of salt and pepper and one cup of fish broth or milk; add the beaten yolk of an egg, if at hand, and one cup and a fourth of cooked fish, separated into flakes. Use this to fill the prepared ramekins. Cover the fish with cracker crumbs mixed with a teaspoonful of vegetable oil, and let reheat in the oven until the crumbs are browned.

Egg Croquettes, Italian Style

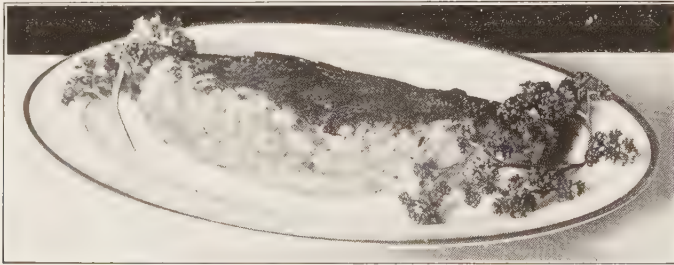
Cut four hard-cooked eggs into half-inch cubes. Melt one-fourth a cup of fat; add one-third a cup of flour, half a teaspoonful of salt and half a teaspoonful of paprika and stir until well blended; add one cup of milk and one-fourth a cup of cream, and stir until boiling; stir in half a cup or more of

water to cover and let simmer two hours. Add a dozen small onions, two carrots, scraped and cut in thick slices, and let cook nearly an hour; add a teaspoonful of salt, one-fourth a teaspoonful of paprika, and about one pint of potatoes (cut in small cubes), and let cook until the meat and vegetables are tender. A package of evaporated vegetables, soaked over night in cold water, may replace the fresh vegetables.

Baked Mexican Rabbit

(To Serve 4 or 5)

Mix one cup of boiled rice (preferably just boiled), one cup of canned corn, one cup of canned tomatoes (fleshy pulp in pieces), one-half a green pepper, cut in fine shreds, one slice of onion, scraped



POTATO-AND-ONION HASH

grated cheese, then fold in the prepared eggs. Turn on a buttered plate and let stand to chill. Form into croquette shapes. If the croquettes are to be baked, brush them over with a beaten egg, mixed with four tablespoonfuls of milk, and then coat them with bread crumbs, mixed with a tablespoonful of fat. If they are to be fried, roll in crumbs, then in the egg and milk and again in crumbs. Serve with or without tomato sauce.

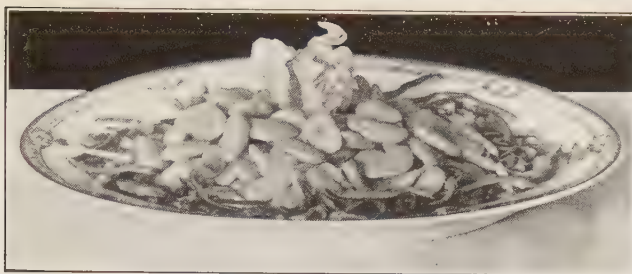
Fricassée of Lamb, Jardiniere

Cut three pounds of fore-quarter of lamb in small pieces, roll in barley flour and sauté in a little vegetable oil. When browned delicately put into an earthen casserole with a can of tomato soup or a cup of strained tomato; add boiling

or chopped, half a pound of cheese, chopped, grated or sliced exceedingly thin, a scant teaspoonful of salt, half a teaspoonful of paprika and two eggs beaten light. Turn into a greased baking dish. Sprinkle two tablespoonfuls of cracker crumbs mixed with a teaspoonful of melted shortening over the top. Set on many folds of paper in a pan, pour in boiling water to half fill the baking dish. Let bake, without boiling the water, till the mixture is firm in the center. Serve hot with or without tomato sauce.

Lima Bean Salad

Soak one cup of lima beans in cold water over night. Wash and rinse in cold water. Pour on boiling water and let cook until the beans are tender, and



LIMA BEAN SALAD

the water is evaporated. Use an asbestos mat for the last of the cooking. Add half a teaspoonful of salt and half a teaspoonful of black pepper, and set aside to chill. Mix a tablespoonful, each, of grated onion and fine-chopped parsley, one-fourth a teaspoonful, each, of salt and paprika, four to six tablespoonfuls of vegetable oil, five olives chopped fine, two tablespoonfuls of vinegar and three tablespoonfuls of tomato catsup and pour over the chilled beans. Lift with a spoon and fork, repeatedly, and set aside for an hour or longer. Serve with lettuce hearts, or a shredded green pepper, or both

Lima Bean Loaf

Cook lima beans as for a salad; press through a sieve while hot and stir in a cup (or more) of grated cheese, about a cup of soft bread crumbs, a scant teaspoonful of salt and a dash of black pepper. Form into a loaf-shape and bake on a greased dish, basting often with a little melted dripping. Serve with tomato sauce.

Jellied Philadelphia Relish

Chop a green pepper and enough cabbage to make two cups; add one-fourth a cup of brown sugar, one-fourth a cup of vinegar, half a teaspoonful of salt, one-fourth a teaspoonful of paprika, one-half a teaspoonful of white mustard seed, and one-fourth a teaspoonful of celery seed. Mix thoroughly. If preferred in the form of jelly, soften one tablespoonful of granulated gelatine in one-fourth a cup of cold water, and dissolve by setting the dish in warm water; let cool a little, then stir into the chopped ingredients and turn into molds or cups to harden.

Potato-and-Onion Hash

2 cold boiled onions, chopped	1 tablespoonful fine- chopped parsley
2 cups cold boiled po- tatoes, chopped	3 tablespoonfuls fat
$\frac{1}{2}$ teaspoonful salt	

Heat the fat in an iron frying pan; put in the onion, potatoes, salt and parsley, cover and let stand on the top of the range, four minutes; uncover and mix all together thoroughly. Set the pan



JELLIED PHILADELPHIA RELISH

into the oven and let cook until browned a little on the bottom; fold in the middle, and turn on a hot platter

Savory Potatoes

5 potatoes
1 onion
2 tomatoes
1 green pepper

1 teaspoonful salt
 $\frac{1}{2}$ teaspoonful paprika
4 tablespoonfuls bacon
or chicken fat; boiling water

Pare and slice the potatoes into cold water. Peel and slice the onion exceedingly thin. Peel the tomatoes and cut them in small pieces. Chop or finely shred the pepper. Grease a baking dish; put in a layer of potatoes; add onion, tomatoes and pepper; sprinkle with salt and pepper, and add a little of the fat. Continue the layers until all the ingredients are used. Have potatoes

oven to reheat. Serve in the baking dish.

Creamed Potatoes

Pare potatoes and cut them in half-inch cubes. Boil in salted water until tender. For three cups of potatoes make a sauce of one-fourth a cup of butter substitute, one-third a cup of barley flour, half a teaspoonful of salt and two cups of milk. Add the drained potatoes and turn into a hot dish, sprinkle with a tablespoonful of fine-chopped parsley.

Grilled Sweet Potatoes

Left-over baked or boiled sweet potatoes may be used for this dish, or sweet potatoes may be cooked for the purpose. The potatoes should be cut in lengthwise



CONSERVATION CUSTARD

on the top, sprinkled with only salt, pepper and fat. Add boiling water just to cover the potato. Bake in a slow oven nearly three hours. More water may be added if needed.

Potato Balls, Surprise

Press hot boiled potatoes through a ricer; add salt, pepper, milk and fat, and beat thoroughly. Shape into balls. Make a depression in each ball; have ready grated cheese mixed with paprika and melted fat; put a teaspoonful of the cheese mixture in each depression; cover the cheese with the potato. Set the balls on a greased baking dish, pour a few drops of fat on each and set into a hot

halves. Rub over the bars of the broiler with a strip of bacon or fat pork, set the potatoes, dipped in melted fat, on the broiler, and cook, turning often, to avoid burning, until hot throughout and slightly browned. Serve on a hot dish.

White potatoes may be cooked in the same way.

Conservation Custard

Scald two cups of milk. Mix one teaspoonful of cornstarch with one or two tablespoonfuls of cold milk and stir into the hot milk; continue to stir for two or three minutes, then cover and let cook fifteen minutes, stirring occasionally. Beat the yolks of two eggs; add half a



CORNMEAL DOUGHNUTS

teaspoonful of salt, three tablespoonfuls of sugar, and one tablespoonful of corn syrup and beat again, then stir and cook in the hot milk until the egg thickens the mixture. Strain into a cold dish. Flavor, if desired. Serve cold. This will fill five glass sherbet cups. Use the whites of the eggs for Prune Whip (will serve two) or add beaten light to cornstarch blanc-mange when five may be served.

Cornmeal Doughnuts

1½ cups wheat flour	1 egg, beaten light
1 cup bolted cornmeal	½ cup sugar (scant)
¾ teaspoonful salt	1 teaspoonful vegetable
¼ teaspoonful mace	oil or fat
½ teaspoonful soda	½ cup sour milk

Pass all the dry ingredients through the sieve together. To the beaten egg, add the sugar, oil and sour milk, and stir into the dry ingredients. Take part at a time on the board, knead slightly, roll into a sheet, cut into rounds, and fry in deep fat. This makes twelve to fifteen doughnuts.

Marmalade Tarts

Sift together one cup of barley flour, half a cup of wheat flour, half a teaspoonful of baking powder, and half a teaspoonful of salt. Cut in one-third a cup of shortening (vegetable oil or clarified dripping), then adding water, a little at a time, mix to a paste. Turn on the board to coat with flour, knead slightly, and roll into a sheet. Cut into rounds to fit the outside of small tins, press in place and prick all over with a fork. Bake till done. Set a little stewed fruit, or marmalade, in five or six of the shells. Beat the white of one egg; beat in two tablespoonfuls of granulated sugar, and pipe a little on each tart. Let cook in a very moderate oven about eight minutes.

Potato-and-Barley Doughnuts

1½ cups barley flour	1 egg and 1 yolk
1 cup wheat flour	½ cup sugar
½ teaspoonful salt	½ cup mashed potatoes
½ teaspoonful mace	1 teaspoonful vegetable
¼ teaspoonful soda	oil or fat
2 level teaspoonfuls	⅓ cup sour milk or but-
baking powder	termilk



MARMALADE TARTS

Pass all the dry ingredients through the sieve together. Beat the egg and yolk, beat in the sugar, potato, fat, and butter-milk and stir into the dry ingredients. Knead a little of the dough at a time, pat and roll into a sheet, cut in rings and fry in deep fat. This makes about two dozen doughnuts.

Fig Tarts

Pour boiling water over eight or ten figs, and let cook until the skins are tender. Chop the figs, return to the fire with the liquid and stir and cook to a smooth consistency. Use as a filling for tarts; finish with meringue or leave plain.

Cornflake Wafers

Beat two eggs very light; gradually beat in half a cup of sugar, two tablespoonfuls of corn syrup, and a teaspoonful of Mapleine; add one cup of chopped nuts, half a teaspoonful of salt, and two and three-fourths cups of cornflakes and mix all together thoroughly. Shape the mixture on greased tins in rounds, a teaspoonful in a place. Bake in a moderate oven about twenty minutes. Lift from the tins with a spatula before the tins are cold.

Oatmeal Bannock

Mix two tablespoonfuls of melted shortening and half a teaspoonful of salt through two and one-half cups of oatmeal. Add, a few drops at a time, while mixing with a knife, enough lukewarm water to make a stiff paste. Knead the paste several minutes; divide in four pieces; knead each piece, and with rolling pin roll into a round piece about one-fourth an inch thick. Bake on a greased tin in a moderate oven half an hour. Each cake will be the size of a saucer. Reheat in the oven or toast before eating. They are also good cold.

Orange-and-Dried Apricot Marmalade

Take three oranges, two lemons and half a pound of dried apricots. Cut the oranges and lemons in quarters, and then slice each quarter as thin as possible. Let the apricots soak in cold water about half an hour, then cut with scissors in lengthwise shreds. Measure the fruit and allow three pints of cold water for each pint of fruit. Keep the apricots apart from the other fruit, as it will cook more quickly than the oranges and lemons. Let the fruit stand in the water



PREPARING ORANGE-AND-DRIED APRICOT MARMALADE

overnight. Boil the oranges and lemons until the peel is tender, then add the apricots and water, and cook about half an hour. Allow two-thirds a cup of sugar or honey for each cup of fruit (brown sugar in whole or part may be used). Heat the fruit to the boiling point, add the sugar or honey and let cook until the mixture thickens somewhat (about 218 degrees F. by the sugar thermometer), then store in sterilized glasses. This marmalade will not form a rich jelly, but is attractive in flavor.

Pineapple-and-Celery Jelly Salad

Cut rings of canned pineapple in triangular pieces and use to line a small Charlotte mold. Cut pineapple in small bits to fill a cup, cut crisp heart stalks of celery in thin slices to make three-fourths a cup. Soften one and one-fourth tablespoonfuls of granulated gelatine in one-fourth a cup of cold water, and dissolve in one cup of the pineapple syrup, heated to the boiling point. Remove from the fire and let cool; add the juice of half a lemon, two tablespoonfuls of honey or sugar, and stir until the mixture begins to thicken, then add the prepared pineapple and celery, mix and turn into the prepared mold. Serve, when firm, turned from the mold, with lettuce and French dressing. Use the juice of the other half of the lemon in making the French dressing. Serve in the place of dessert with cream or cottage cheese and oatmeal crackers. This will serve four or five.

Glazed Potato Nests, with Peas

Press hot, boiled potatoes through a ricer; for eight potatoes use a teaspoonful of salt, half a teaspoonful of pepper, three tablespoonfuls of fat, and, if needed, a very little hot milk. The mixture cannot be shaped well if it be too moist. Beat until light and fluffy, then shape into balls. Set these on a greased baking pan, turned upside down, and with a spatula smooth them neatly; brush over with the beaten yolk of an egg, diluted with two or three tablespoonfuls of milk.

Score a circle on the top of each and set into a hot oven to become delicately colored on the outside. Have ready cooked green peas seasoned with salt, pepper and fat. When ready to serve, transfer the balls of potato to a serving dish; cut around the scoring and lift out the piece; remove a little of the potato, if necessary, and in the open space set a tablespoonful of the peas. When a large number are to be served, put a spoonful of potato on the plate, press the same spoon into the top to make a depression, and in this set a tablespoonful of the peas.

Buckwheat Muffins

2 cups buckwheat	1 egg, beaten light
$\frac{1}{2}$ teaspoonful salt	1 cup milk
5 teaspoonfuls baking powder	1 tablespoonful melted shortening

Pass all the dry ingredients through the sieve together. Add the liquid ingredients and mix thoroughly. Bake in a hot, well-greased iron muffin pan about twenty-five minutes.

Buckwheat Cookies

$\frac{1}{2}$ cup shortening	1 $\frac{1}{2}$ cups buckwheat flour
1 cup sugar	1 teaspoonful baking powder
2 eggs, beaten light	

Mix in the order enumerated, knead slightly, roll and cut in shapes. Bake in a quick oven. With vegetable oil cut down the shortening about two tablespoonfuls. The sugar also may be cut down somewhat. A little sugar dredged on the cakes before baking improves the appearance, but is an unnecessary addition.

Plain Buckwheat Cookies

$\frac{1}{2}$ cup shortening	2 $\frac{1}{2}$ cups buckwheat flour
1 cup sugar	5 level teaspoonfuls baking powder
2 eggs, beaten light	
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoonful salt

Mix as usual, adding the milk, alternately, with the flour, baking powder and salt. The appearance of both varieties of cookies is improved by sifting a few grains of granulated sugar over them after they are set in the tins.

Well-Balanced War-Time Menus for a Week in May

FEATURING MANY USES OF POTATOES

One wheatless meal each day. Two meatless days. Two wheatless days.

SUNDAY	Breakfast Farina with Dates, Milk Salt Codfish and Potato Balls Radishes Barley Muffins Coffee Cocoa	Breakfast Eggs, Shirred in Ramekins with Asparagus Small Potatoes Baked Fried Cornmeal Mush, Maple Syrup or Honey Coffee Cocoa	WEDNESDAY
	Dinner Baked Leg of Lamb, Brown Sauce Franconia Potatoes (Browned with the Lamb) Bermuda Onions Lettuce, French Dressing Baked Bananas, Sultana Sauce or Strawberries Oatmeal Macaroons	Dinner Lamb en Casserole (left over lamb, carrots, onions potatoes, tomato purée) Lettuce and Cress Boston Brown Bread Conservation Custard Oatmeal Fruit Macaroons	
MONDAY	Supper Potato Soup, Oatmeal Bannocks Stewed Figs Ginger Cakes (barley flour) Tea	Supper Black Bean Soup Barley Bread Sticks Strawberries Tea	THURSDAY
	Breakfast Puffed Rice, Milk Eggs Shirred with Tomatoes Hashed Potatoes Fried Hominy, Maple Syrup Coffee Cocoa	Breakfast Baltimore Somp, Milk, Molasses Scrambled Eggs Hashed Brown Potatoes Buckwheat Griddle Cakes Coffee Cocoa	
TUESDAY	Dinner Cold Roast Lamb, Sliced Thin Scalloped Potatoes Asparagus Virginia Spoon Corn Bread Brown Sauce (lamb) Reheated Canned or Fresh Pineapple Cottage Cheese	Dinner Corned Beef, Boiled Boiled Potatoes Boiled Cabbage Boiled Onions Baked Indian Pudding, Maple Sugar	FRIDAY
	Supper Creamed Clams Grilled White Potatoes Stewed Peaches (dried) Cornflake Wafers (Children) Milk (Adults) Tea	Supper Potato-and-Onion Hash (Adults) Boiled Rice and Milk (Children) Barley Bread Marmalade Tea	
SATURDAY	Breakfast (Adults) Oatmeal with Grated Cheese (Children) Oatmeal with Prunes Creamed Salt Codfish Small Baked Potatoes Spider Corn Cake Coffee Cocoa	Breakfast Cornmeal Mush with Cheese (Adults) Cornmeal Mush with Milk (Children) Rice Omelet Boston Brown Bread, Toasted Coffee Cocoa	
	Dinner Potato Soup Broiled Bluefish Mashed Potatoes Stewed Tomatoes or Beet Greens Sliced Bananas, Lemon Jelly	Dinner Boiled Haddock, Egg Sauce Boiled Potatoes Boiled Onions Lettuce, French Dressing Strawberry Short Cake (potato flour)	
	Supper Corn Chowder Oatmeal Bannock Prunes Stewed Slowly and Long (no sugar) Barley Bread, Toasted Tea	Supper Lima Bean Salad Barley or Rye Biscuit Marmalade Tea	
	Breakfast Barley Meal Mush, Top Milk Haddock-and-Potato Cakes Radishes Spider Corn Cake Coffee Cocoa	Dinner Creamed Corned Beef au Gratin (flavored with onion and celery) Fried Bananas Spinach Prune Whip, Custard Sauce	Supper Eggs Shirred with Asparagus Tips Baked Potatoes or Potato Salad Strawberries Cornflake Wafers Tea

Balanced Menus for a Week in May

Featuring generous use of Legumes, Fresh Fish, and Vegetables.

SUNDAY

Breakfast

Unhulled Strawberries
Cornmeal Mush Scrambled Eggs
Creamed Potatoes Buckwheat Muffins
Coffee Cocoa

Dinner

Filets of Bluefish, Baked in Tomato Sauce
Mashed Potatoes
Boiled Onions or Stewed Shell Beans
Lettuce, French Dressing
Fresh or Canned Pineapple
Buckwheat Flour Cookies

Supper

Welsh Rabbit
Canned Fruit
(Children) Boiled Rice and Whole Milk
Tea

WEDNESDAY

Breakfast

Cream of Wheat, Stewed Figs
Scrambled Eggs
Cornmeal-and-Barley Muffins
Coffee Cocoa

Luncheon

Potato Salad Sardines
Rhubarb Pie
(barley crust, corn syrup and sugar)
Tea

Dinner

Lima Bean Loaf, Tomato Sauce
Beet Greens or Dandelions
Buckwheat Muffins
Honey in Comb
Tea

MONDAY

Breakfast

Baltimore Somp, Molasses, Whole Milk
Creamed Salt Codfish
Small Potatoes, Boiled or Baked Radishes
Oatmeal Bannock, Toasted
Coffee Cocoa

Luncheon

Lima Bean Salad
Buckwheat Muffins
Hot Chocolate Cornstarch Pudding
Cold Custard Sauce

Dinner

Split-Pea Soup
Baked Fish, Parsley Potatoes
Spinach with Sliced Eggs
Asparagus
Sea-Moss Farine Blanc-mange
Top milk

THURSDAY

Breakfast

Oranges or Dried Apricots, Stewed
Eggs Shirred with Asparagus Tips
Fried Rice or Hominy
Oatmeal Bannock
Coffee Cocoa

Luncheon

Clam or Corn Chowder
Virginia Spoon Corn Bread
Bananas Baked with Lemon or Orange Juice
Tea

Dinner

Halibut Steak, Sauté, Sauce Tartare
New Cabbage, Boiled or
New Peas
Grilled Potatoes
Strawberry Ice Cream

TUESDAY

Breakfast

(Adults) Oatmeal, Cheese
(Children) Oatmeal, Sliced Bananas
Fish-and-Potato Cakes
Mustard Pickles
Rhode Island Johnny Cake
Coffee Cocoa

Luncheon

Cheese Souffle
Cold Spinach, Sauce Tartare
Liberty Bread
Strawberries

Dinner

Potato Soup
Egg Croquettes, Italian Style
Asparagus and Peas Succotash
Pineapple Bavarian Cream

FRIDAY

Breakfast

Puffed Rice, Top Milk
Boston Brown Bread in Cream Toast
Eggs Cooked in Shell Potatoes Hashed in Milk
Coffee Cocoa

Luncheon

Baked Mexican Rabbit,
Tomato Sauce
Lettuce and Cress, French Dressing
Virginia Spoon Corn Bread (reheated)

Dinner

Filets of Fresh White Fish
Baked with Mushrooms
Sliced Cucumbers Savory Potatoes
Asparagus
Salad of Celery and Pineapple, Jellied
Barley Bread Sticks
Half Cups Coffee

SATURDAY

Breakfast

(Adults) Hot Cornmeal Mush
with Cheese
(Children) Hot Cornmeal Mush
with Milk
Creamed Dried Beef
White Hashed Potatoes
Buckwheat Muffins
Coffee Cocoa

Luncheon

Molded Fish, Norwegian Style,
Mushroom Sauce
Baked Potatoes,
Beet Greens
Stewed Rhubarb and Raisins
Buckwheat Cookies

Dinner

Boston Baked Beans
Hot Boston Brown Bread
Mustard Pickles
Rice Pudding with Raisins



Food Suggestions for May

By Janet M. Hill

AT this time the United States Food Administration is urging a freer use of potatoes, to the end that not only the use of wheat, but also all other cereals, may be cut down somewhat. There are many good things to be said of potatoes, not the least of which is their property of neutralizing the acids of meats and many of the starchy foods. The vitamins, so necessary to life and growth, are also present, to some extent, in the potato. This point, perhaps, is not of so much importance now that we are eating less white bread (which through much refining of the wheat is lacking in this element, its vitamins), but it is well to keep it in mind. To get as much of this element from the potato as is possible, it is well to eat the carefully scrubbed skins of potatoes. This procedure is not at all unpalatable, but quite the reverse, when the potatoes are baked. It requires about forty-five minutes to bake a good-sized potato, but a small potato may be baked in half an hour, which is about the time it takes to put the ordinary breakfast or supper of a small family on to the table properly.

For the next three or four months the making of yeast bread should be cut down materially; for really good yeast bread is not possible without the use of more wheat flour than we should use at this critical time. Rolled oats flour bread may be made on the fifty-fifty basis. Oat flour is not obtainable in all localities, but one may easily grind it at home. The best results are probably obtained by the use of a food chopper, to which the nut knife (or plate) is adjusted. In using a coffee mill for the purpose, sift the flour and regrind whatever is left in the sieve. Flour made of other than rolled (or steamed) oats does not serve the same purpose; elasticity and cohesiveness are developed in the rolled oats, and these are some of the properties essential to successful bread-making with yeast. This flour may also be used for pastry, but as it contains considerable fat, about seven times as much as wheat, less shortening is required. Also the old rule, one-fourth a teaspoonful of salt to a cup of material, must be revised; nearly twice that quantity seems to be necessary. The oat flour may be used for bannock. We append two recipes which have proved acceptable.

Good pastry may be made of a mixture of barley and rice flour; most excellent cream puffs and eclairs of barley and corn flour, and cookies of buckwheat flour. Sponge cake is at its best when made of potato flour, and in the June number of the magazine we will give, if the matter proves practical, recipes for sponge cake with corn, barley and rice flours. Potato flour seems high in price, but only half a cup is needed to take the place of a full cup of wheat flour. Also, as a rule, half a cup of corn flour equals in thickening properties a full cup of wheat flour.

Puffed rice and prepared cocoanut sprinkled over cake spread with a little jelly, makes an attractive finish and adds food value to the article.

Oat Flour Yeast Bread

(50 per cent oat flour — 50 per cent wheat)	
2 cups liquid	$\frac{1}{2}$ yeast cake
2 teaspoonfuls salt	$\frac{1}{4}$ cup lukewarm water
1 tablespoonful sugar	3 cups wheat flour
3 cups oat flour	

Bring liquid to boiling point. (May use one-half skim milk, one-half water or potato water.) Add salt and sugar; add oat flour gradually to prevent lumping. Beat thoroughly. When lukewarm add the dissolved yeast and enough wheat flour to make a stiff, dry dough. Knead and set to rise until double in bulk. Then cut down and reshape. Let rise and then bake in hot oven.

Muffins

2 cups oat flour	1 teaspoonful melted
5 teaspoonfuls baking powder	oleomargarine
	1 1-3 cups milk
1 teaspoonful salt	

Mix one-half of the flour and salt with the milk and fat and beat with an egg beater until full of bubbles. Then add to this the rest of the flour and the baking powder sifted together. Beat well. Let mixture stand three or four minutes to allow the batter to thicken. If it becomes too stiff, add a little more liquid. Then pour into hot, greased muffin pans and bake in a hot oven for about twenty minutes.

System in Dish Washing

By Ladd Plumley

IN most households, when the table is set for breakfast, it is necessary to dig out from a cupboard or from shelves, and from amid all other dishes, those suitable for the first meal of the day. After the breakfast dishes are washed, and wiped with towels, they are carried, and frequently a few at a time, to cupboard or shelves and are, quite naturally, placed on top of the other dishes in the respective rows. When the dinner and supper table is set, the same digging out process becomes necessary, and sometimes the dishes that are required are those at the very bottom of the respective piles. With or without servants, this lack of method continues down through the household years.

No factory, or even the smallest shop, would heap the tools in such a manner that three times during the working day, week in and week out, year in and year out, a vexatious, time-wasting and tool-injuring separation must be made. And in hotels and boarding houses it is absolutely necessary to follow a different plan from that of dish storing as is followed in most households. At a boarding

house, where I spend some of my vacations, there are complete sets of dishes for every meal, and so conveniently placed that an individual dish can be obtained without handling any of its fellows.

Very near the sink and the running water in the kitchen of this boarding house is a long rack or dish dryer, with three compartments, having ample space for a multitude of dishes. Towels are never used, and as the dishes are washed and rinsed they are placed in one of the three compartments of the dryer — the compartment in which they belong. Compartment number one is nearest the door of the dining room and includes everything in the way of plates, dishes, platters, cups and saucers necessary for setting the breakfast table. Compartment number two is next, and has spaces for all the dinner dishes, and compartment number three includes all the supper dishes. I am told that the expense of duplication of dishes — cups and saucers, for example — has been considered, and, indeed, has been a matter of experimentation, and that the gain in time of the

seven or eight waitresses necessary in the large boarding house offsets this expense for duplication in dishes.

The dish drying rack in this boarding house is a permanent fixture, and when setting a table the dishes must be removed to trays and carried into the dining room. In a household even this labor can be to some extent done away with, and the dryer itself carried into the dining room with its load, with all, or nearly all, of the things necessary for setting the dishes for a single meal. It can be urged that where a dinner or other meal is served in courses this plan cannot be followed, and this is true, but in that case, if desired, the dish dryer can be left in its storage place and such dishes as at the time are required can be lifted from the dryer, without any separation from other dishes, as would be the case if stored in a cupboard or on shelves. And in any household it might easily be that loss from breakage, due to pulling dishes from under heaps of others, would go far to pay for duplication, aside from the time gained.

Dish dryers of various sizes can be purchased in most cities and every household should be supplied with this well-nigh miraculous time, vexation, and step saver. For those who can use tools and wish to save the expense of buying the things which can easily be made, it can be stated that any one who has a little skill can construct an efficient dish dryer, and with the materials to be found in any household.

The principle upon which the ordinary dish dryer depends for effecting its task is that of racks which hold dishes on edge so as to allow the water to drain away. For the household, the dryer will be more convenient if it be of such a size that, when all the racks are filled with dishes, it can be lifted and carried from place to place. For this purpose it should be provided with handles, which need not be more than wide slots through the ends.

The first dryer which I made was con-

structed from a small box that came from the grocery store with some purchases. The dryer was an experiment, and, therefore, little time was spent upon it — some two hours or so. The box is of thin spruce, and I notice it has printed on one side "Choice tomatoes." As has been said, it is small, yet it holds a considerable number of dishes. To make the body of the dryer, I simply sawed off five inches or so of the bottom of the box. With a half inch auger, holes were bored at irregular places in the bottom, to allow the water to drain out; and the sawn off portions of the box were slit with the saw into strips. These cleats were nailed with short wire nails to the inside of the bottom and to the top, allowing about an inch and one-half spaces between the cleats.

The wood of my tomato box was not over excellent as a material, and I drilled holes for the wire nails that secured the cleats at the ends, so as to avoid splitting. And with the plane the cleats were smoothed off, to do away with possible splinters. Also, the half-inch auger was used to bore five or six holes in the ends, and handle sockets whittled out with a sharp knife.

What I should consider the perfect household dish dryer should be made of half-inch clear pine, and should be about thirty inches long by eighteen inches wide. Such a dish dryer should hold some sixty or more plates and dishes of various sizes. The cleats can be of straight, strong pine, or, preferably, of hard wood, and fastened to the dryer with screws. The dryer should be given several coats of white paint, and finished off with one coat of good white enamel. There should be cleats on the bottom, so as to lift the dryer from the table and allow the water to drain away. Provided that the dryer is firmly put together with screws there is no necessity that the bottom should be of galvanized iron or zinc, but a zinc bottom, although adding a good deal to the weight, would, perhaps, be the ideal plan.

The saving in steps, in vexation and time by the use of a dish dryer cannot be realized by those who have never dried dishes by this simple means. After the dishes are washed they are rinsed in hot water, and are then slipped into the racks of the dryer. All the expense for dish towels, as well as the time and trouble of washing towels, is done away with; but, besides the saving in time in dish wiping and towel washing, the dryer itself, when used in the method which I shall outline, is an almost miraculous device, saving countless trips back and forth, from sink to cupboard and from cupboard to dining room.

Let us consider a systematic method for combining the idea of separate groups of dishes for every meal with the use of dish dryers.

The dish dryers should have their places on a table, side by side, one for each meal of the day. When breakfast has been finished, and the dishes have been carried into the kitchen, dish dryer number one is placed on a table near two dish pans. The breakfast dishes are washed and rinsed and placed in the racks of the dryer, and after the water has drained away the dryer is lifted by its handles and returned to its position on the table, where, with its load of dishes, it will stand until it is desired to set the breakfast table again. The dryer can then be carried into the dining room, and the dishes that are needed are immediately available and all at once. At

dinner and supper the same procedure is followed, with the respective dryer for that individual meal. If any one objects to this plan as being somewhat complicated, it must be remembered that many simple modifications can be followed. For instance, if duplication of cups and saucers is not desired, this detail can be omitted, and so with other duplications, but the general plan can still be followed; viz., three dish dryers, which give in their entirety, or approximately, the means for setting a table for any of the three meals of the day.

There are other modifications that will suggest themselves to the housewife. The size given for what I consider an ideal dish dryer will not admit of placing it on the shelf of an ordinary cupboard. So, if the housewife prefers, she could have her dish dryers constructed of such a width as will admit of storing in her kitchen closet. In that case, after the water has drained away, the dryer is carried, with its load of dishes, to the cupboard and placed on a shelf. And in a large household it might be necessary to have two or more dryers for the dishes of each meal. This would mean a total of six or more dryers in all. As a matter of fact, it would have to be a very large household where this plan would be necessary. My wife and I find that the first dryer which I made—the one constructed from the canned tomato box—is large enough for the dishes for any single meal for two persons.

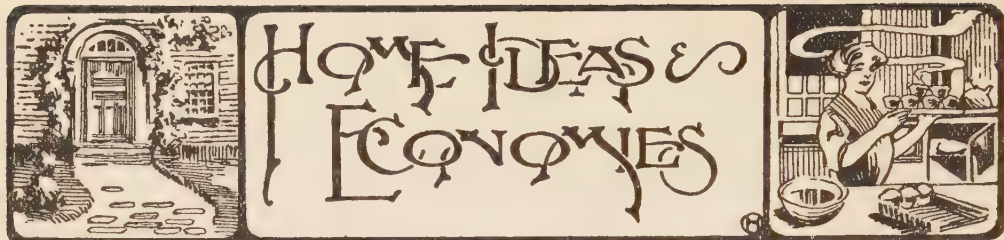
My Wage

I bargained with Life for a penny,
And Life would pay no more,
However I begged at evening
When I counted my scanty store.

For Life is a just employer,
He gives you what you ask,
But once you have set the wages,
Why, you must bear the task.

I worked for a menial's hire,
Only to learn, dismayed,
That any wage I had asked of Life,
Life would have paid.

Jessie B. Rittenhouse.



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Preserve Eggs by Water-Glass or Limewater

IN the first place, *the eggs must be fresh*, preferably not more than two or three days old. This is the reason why it is much more satisfactory to put away eggs produced in one's own chicken yard.

Infertile eggs are best, if they can be obtained; so, after the hatching, exclude roosters from the flock and kill them for table as needed.

The shells must be clean. Washing an egg with a soiled shell lessens its keeping quality. The protective gelatinous covering over the shell is removed by water, and when this is gone the egg spoils more rapidly.

The shells also must be free from even the tiniest crack. One cracked egg will spoil a large number of sound eggs when packed in water glass.

Earthenware crocks are good containers. *The crocks must be clean and sound.* Scald them and let them cool completely before use. A crock holding six gallons will accommodate eighteen dozen of eggs and about twenty-two pints of solution. Too large crocks are not desirable, since they increase the liability of breaking some of the eggs, and spoiling the entire batch.

It must be remembered that the eggs on the bottom crack first, and that those in the bottom of the crocks are the last to be removed for use. Eggs can be put up in smaller crocks, and the eggs put in the crock first should be used first in the household.

Water-Glass Method

"Water glass" is known to the chemist as sodium silicate. It can be purchased by the quart from druggists or poultry supply men. It is a pale yellow, odorless, syrupy liquid. It is diluted in the proportion of one part of silicate to nine parts of distilled water, rain water, or other water. *In any case, the water should be boiled and then allowed to cool.* Half fill the vessel with this solution and place the eggs in it, being careful not to crack them. The eggs can be added, a few at a time, until the container is filled. Be sure to keep about two inches of water glass above the eggs. Cover the crock and place it in the coolest place available, from which the crock will not have to be moved. Inspect the crock, from time to time, and replace any water that has evaporated with cool boiled water.

How to Use the Preserved Eggs

When the eggs are to be used, remove them as desired, rinse in clean, cold water and use immediately.

Eggs preserved in water glass can be used for soft boiling or poaching, up to November. Before boiling such eggs prick a tiny hole in the large end of the shell with a needle to keep them from cracking. They are satisfactory for frying until about December. From that time until the end of the usual storage period—that is until March—they can be used for omelettes, scrambled eggs, custards, cakes and general cookery. As the eggs age, the white becomes

thinner and is harder to beat. The yolk membrane becomes more delicate, and it is correspondingly difficult to separate the whites from the yolks. Sometimes the white of the egg is tinged pink after very long keeping in water glass. This is due, probably, to a little iron which is in the sodium silicate, but which apparently does not injure the egg for food purposes.

Limewater Method

Limewater is also satisfactory for preserving eggs, and is slightly less expensive than water glass. A solution is made by placing two or three pounds of unslaked lime in five gallons of water, which has been boiled and allowed to cool, and allowing the mixture to stand until the lime settles and the liquid is clear. The eggs should be placed in a clean earthenware jar or other suitable vessel and covered to a depth of two inches with the liquid. Remove the eggs as desired, rinse in clean, cold water, and use immediately.

U. S. D. A.

* * *

Wheatless Muffins

IN reading over the article on Wheatless Muffins in the March issue I note that the author does not include oat-flour in her list of available substitutes, and that she recommends grinding oatmeal fine. Here in Indiana oat flour is one of the favorite substitutes. It is of about the same texture as barley flour, and retails at seven cents a pound: It is not so dry as cornflour and is not so decided in flavor as rye and barley—a point in its favor in homes where there are children whose tastes must be considered. It combines very well with any of the other substitutes, and is used with white flour for yeast bread, though to my mind the rolled oats is preferable for the latter.

For a pleasant variety in cornbread or muffins I use half oat flour and half cornmeal: The resulting product is softer than the usual cornbread, and has an

agreeable flavor. In simple cakes or desserts it can replace half the wheat flour very acceptably. One of our family favorites is a pudding made by this adapted recipe:

Melt a tablespoonful of butter—or substitute—and cream with half a cup of sugar and a well-beaten egg: Add one-fourth teaspoonful salt, half a cup of sweet milk, one-half cup, each, of wheat and oat flour sifted with two level teaspoonfuls of baking-powder. Bake in a large pie-pan; turn out and spread with jam or jelly, cut in triangles and serve warm.

Now that refreshments are no longer served and the customary social events are languishing, it is still desirable to get together occasionally. With this in mind my sister and I recently planned an informal afternoon, in which patriotism and sociability mingled pleasantly. We secured the services of a domestic science expert, who is working with the State Council for Defense, and asked her to give a practical demonstration of wheatless breads, cookies and cakes. The demonstration took place in the dining-room where we had gathered together in advance all needful materials and tools. Each guest was provided with pencil and paper for taking notes, and while the baking was going on in the kitchen the “party” turned into an informal discussion of substitutes and their uses. The muffins and other foods were passed, so that every one might taste them.

A great many women, while thoroughly patriotic and willing to help, are not able to adapt themselves quickly to new conditions and a little help at the outset is well worth while.—G. C. H.

* * *

When the Potato is not a Vegetable

THE cup or two of mashed potato, left over from the dinner of today, may be utilized in tomorrow's dessert, thereby saving a certain amount of wheat

flour in which there is such need of strict economy.

Potato Pie. — Cream together one cup of sugar and one-half cup of butter substitute. Add the yolks of three eggs, one teaspoonful, each, of nutmeg and cinnamon, two cups of mashed potato, the juice and grated rind of a lemon, one-fourth a cup of grape juice and the stiff-beaten whites of the eggs. Line a pie plate with pastry and pour in the mixture. When baked, sift powdered sugar over the top.

Sweet Potato Pie. — Mix two cups of boiled and mashed sweet potato with one tablespoonful of vegetable fat, and three-fourths a cup of brown sugar. Stir in one egg, one teaspoonful of salt, one-half a teaspoonful, each, of ginger and of cinnamon, two tablespoonfuls of corn-starch and one and one-half cups of milk. Pour in an open crust, and bake in a moderate oven about one hour.

Potato Cookies. — Cream one cup of shortening with two cups of sugar. Add two eggs, two cups of hot mashed potatoes, and one teaspoonful of nutmeg. Lastly, stir in one teaspoonful of soda dissolved in one cup of sour milk. Add enough flour to roll thin, sprinkle with sugar and bake quickly.

Potato Doughnuts. — These keep moist longer than the usual doughnut. Cream one cup of sugar with one cup of mashed potato and one tablespoonful of fat. Add one beaten egg and one-half cup of milk, then one cup and a half of flour, four teaspoonfuls of baking powder, one-half teaspoonful of salt and the same of nutmeg. Add more flour if necessary to roll and cut in the usual manner. Fry in hot fat.

Potato Chocolate Cake. — Like the above doughnuts, this cake has splendid keeping qualities. Cream two cups of sugar with two-thirds a cup of butter substitute. Mix with one cup of mashed potato and three-fourths cup of melted chocolate. Add, alternately, one-half cup of milk and two and one-half cups of flour sifted with two teaspoonfuls of baking

powder, one teaspoonful of cinnamon, half a teaspoonful, each, of nutmeg and cloves and one teaspoonful of salt. If desired, add one cup, each, of raisins and chopped nuts. Fold in at the last, four beaten eggs. Bake in a loaf pan about an hour.

Potato Sandwiches. — Mash together one cup of cold potato, one-half cup of cream cheese, a teaspoonful of onion juice and sufficient boiled mayonnaise to moisten. Spread between thin slices of rye bread. M. B. B.

Home Canning

HOME and community canning prospects for 1918 indicate an unprecedented food-conserving activity on the part of the American people. O. H. Benson, chief of the Department of Agriculture canning club work for boys and girls, says that the campaign for home canning undertaken last year has educated the people in food conservation; that the Department has this year doubled its force of canning workers; that there are twice as many people in the United States trained in canning methods as there were last year; and that many persons trained only a year ago will probably be available as teachers. "The home gardens will provide vastly more stuff to be canned than last year," said Mr. Benson, "and spoilage, which last year was only eight-tenths of one per cent will, this year, be practically eliminated. Thirty-five per cent of last year's spoilage was due to defective rubbers; much of the remaining spoilage was caused by defects in jars. Both jars and rubbers have been improved this year. Beginners, who followed the Department's methods to the letter, suffered little from spoilage; but experienced housewives, who tried to mix the old methods they had followed for years with the new, had bad luck. Children will accept and follow printed directions and the results of their work have been marvellous."

Mr. Benson thinks canning, vegetable and root storage, and drying or dehydrating will be the three great factors in the food conservation problem of the coming year.

The Romance of the Cereal List

THE wide range of cereal substitutes available to the country as a whole through use of local cereals was amusingly shown the other day in St. Paul, when a newspaper reporter discovered the word "feterita" in the list of permitted substitutes, and set out to discover what this cereal was. It is comparatively new, even in the southwest part of the country where its use for human food is well known. The question, "What is feterita"? was referred first to the Minnesota food administrator, who was out at the time, and none of his staff could answer the question. Inquiry at the public library brought no information. Encyclopedias and dictionaries were searched, but the word was not found. The University of Minnesota was then called, and, according to the *St. Paul Dispatch*, the question was referred to an expert in English, who did not know. Finally the quest was given up. Feterita is a member of the sorghum family, and yields small egg-shaped seeds, which make excellent flour and meal, comparable with fine, white corn meal. It is grown chiefly in the southwestern states, however, and though included in the list of permitted cereal substitutes, will probably never be purchasable in a Minnesota grocery store. The list of recognized substitutes includes other local cereals and starches, such as banana and casava flour, which are of tropical origin; kafir flour and meal, made of the kafir corn grown through the Oklahoma section of the United States; milo flour and meal, made of another sorghum grain grown in the Southwest; soya bean flour and meal, which are made from the cake left after pressing oil from soya beans, and available thus far chiefly in the southeastern states. Finally, there is taro flour, last

on the list, which is probably obtainable in quantities only in Hawaiian grocery stores, as it is made from the same bulb that furnishes the material for "poi," the Hawaiian national dish. All of the recognized substitutes of the Food Administration cereal list are well known in some parts of the country, but this is so large a nation that probably some of them have to be taken for granted everywhere.

How to Mix Substitutes

THE following table showing the approximate percentages of barley or corn flours as substitutes, which can be added to wheat flour for various purposes, has been compiled by a large milling company, which gives as a general rule for the use of mixed flours, "a little more weighting and a little less rising":

	Per Cent Barley or Corn Flour
Gravies.....	100
Dusting flour.....	100
Wheat bread.....	15 to 25
Rye bread.....	15 to 25
Graham bread.....	15 to 25
Whole wheat bread.....	15 to 25
Bran bread.....	15 to 25
Raisin bread.....	15 to 25
Fruit bread.....	15 to 25
Nut bread.....	15 to 25
Brown bread.....	33
Coffee 'Cake.....	15 to 25
Roll dough.....	15 to 25
Pie crust.....	25 to 50
Tea biscuit.....	20 to 40
Fried cakes.....	25 to 35
Crullers.....	25 to 35
Doughnuts.....	15 to 25
Griddlecakes.....	25 to 50
Waffles.....	20 to 40
Fritters.....	20 to 40
Muffins.....	25 to 50
Dark sheet cake.....	15 to 25
Dark cup cake.....	15 to 25
Dark cookies.....	15 to 25
Dumplings.....	25 to 50
Noodles.....	25 to 50
Puddings.....	25 to 50

Shall We Send Food to Our Soldier Boys?

By Florence L. Clark

IT is a question that is puzzling the women in the home. The government is discouraging sending the soldiers food because it means just so much extra freight, express and parcel post for the congested railroads and ships to carry. But what the mothers, wives, sisters and sweethearts want to know, is do the boys want home goodies. Do they hunger for them and does it keep up their spirits, or rather do their spirits need to be kept up in that way?

In our little neighborhood we had been discussing the matter a good deal, and had been sending many boxes. Then the boys began coming home on furloughs and to our great surprise failed to go into raptures over a return to home cooking as we had expected they would. Some of them even went so far as to say frankly they had fine "chow" at the camps, and not add a single comforting "but, of course, it isn't like home cooking."

We began to do some little talking on the quiet, then one day the following letter came from a home boy in one of the cantonments, and it seemed so positively to answer the question that we decided it settled the matter for us temporarily, and so it is taboo with boxes of food from us until we find our efforts are more necessary. This is the letter:—

"It is with pleasure that I read in the home paper last week the exhortation of the Council of National Defense, that no food or eatables be sent to soldiers. It is characteristic of mothers, when they

want to be good to their boys, to give them something to put into their stomachs. Sisters, wives, sweethearts, also proceed on "feed the brute" theory, as a traditional custom.

"If there is one place in all the universe where people need no shipped-in eating material, it is in the army of your dear old Uncle Sam. I wish I could lead the mothers of all our county through the kitchen of our company at meal time, and let them see for themselves what manner of nourishment is going into the countenances of their unequalled boys. The food is scientifically balanced to nourish the body; it is prepared by time-tested and proven recipes; the kitchen is immaculate. Imagine, the company commander, not through inclination, but as a military duty, inspects every meal. He inspects the cook's hands; looks at the cleanliness of the fingernails of every man in the kitchen. He inspects the store room, the ice box, the bread box. He looks for the slightest dirt, grease or stain on tables, shelves, and benches. He tastes the food; he questions the cooks; he inquires of the men who eat the food. He is in duty bound to omit nothing to assure his men plenty of food, palatable, clean, wholesome food. Don't send food to the soldiers. They don't need it. The chances are they don't want it. They can't eat it without burdening their stomachs. Not only is it a waste, but it is a detriment to the boys you send it to."

As we go to press the U. S. Food Administration is urging to give up at present the use of ALL wheat products. Conserve what you have to use with substitutes in making yeast bread for occasional use. In recipes which we have given in previous numbers of this publication, as pastry in the April number, substitute *rice* flour for the wheat flour mentioned, as a binder for the barley flour. Muffins are at their best when made with ONE cup of meal and ONE cup of flour. This flour may be buckwheat, oat, barley, corn or rye



Queries and Answers



THIS department is for the benefit and free use of our subscribers. Questions relating to recipes and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answers by mail, please enclose address and stamped envelope. For menus, remit \$1.00. Address queries to Janet M. Hill, Editor. AMERICAN COOKERY, 221 Columbus Ave., Boston, Mass.

QUERY No. 3941. — "Recipe for Boston Brown Bread that is dry."

Boston Brown Bread

1 cup corn meal	1 teaspoonful salt
1 cup rye meal	2 teaspoonfuls soda
1 cup barley flour or	2-3 cup molasses
1 cup whole wheat	2 cups thick sour milk
flour	

Sift together all the dry ingredients; look over (to remove straws) and add the bran left in the sieve; add the molasses and milk and stir to a dough; steam three hours in a greased mold. The mould should hold two quarts. Two, pound size, cocoa cans or three baking powder cans may be used.

Set the bread to cook over cold water. After the water boils do not allow it to stop boiling for, at least, two hours. Before that time, the cell walls not being firm, the lowering of the temperature will cause them to collapse, and the bread will be heavy. To get a dry loaf of bread, do not remove from the fire after three hours of cooking, but let stand on the stove, where the water will simmer a little. Or, the bread may be cut in slices and toasted. In toasting, let dry out before browning.

QUERY No. 3942. — "Does the government expect us to use Sugar in putting up Fruit this season?"

Use of Sugar in Fruit Preservation

It is the opinion of the Sugar Division of the United States Food Administra-

tion "That if, in home consumption, sugar be carefully used, and the consumption reduced to three pounds per capita per month, which should be ample for all of us; there will be enough to go around, and enough to take care of the requirements for the preservation of essential food products during the coming season. Therefore, it seems to us that it is right to ask the people to conserve to the extent of limiting themselves to the consumption of approximately three pounds per month per capita."

We might add that sugar is not a necessity for the successful canning of fruit. If fruit is to be used as a sauce, it is convenient to have it ready for the table when it is opened; thus sugar might be used when canning peaches or pears; early apples, as Astrachan and Wealthy, which are particularly good when canned, will taste, in sauce, pies or puddings, more like fresh apples, if they be canned without sugar, and the sugar be added when the fruit is used. The same thing holds true in regard to blueberries. It is also better to store fruit-juice, prepared for jelly, and ices without sugar, then make up the jelly, a little at a time, as needed. To can the juice, heat to the boiling point, turn into sterilized jars, filling the jars to overflow; close at once as in all canning in the open kettle.

QUERY No. 3943. — "Recipe for Canning Chicken or Fowl."

Canned Chicken

Cook the chicken or fowl until tender. Remove meat from bones and skin; pack in sterilized jars. Boil the liquid until reduced about one-half, strain and pour over the chicken, filling the jar to overflow; adjust cover according to cold-pack method and sterilize (boil) one hour in hot water bath.

QUERY No. 3944. — "Should water be added to beans while they are baking? Recipe for Beans Baked with Tomato Sauce."

Adding Water to Beans While Baking

Keep the beans covered with water until the last hour of baking; then draw the pork to the surface and let it crisp while the water evaporates from the beans. When done there should be just enough liquid through the beans to hold them together. When necessary to add water during the cooking, let it be at the boiling point. Cold water would retard the cooking, and be liable to crack the bean pot. A small piece of fat and lean corned beef, or three tablespoonfuls of vegetable oil may replace the salt pork commonly used in the country in baked beans.

Boston Baked Beans

1 pint pea beans	1 teaspoonful salt	
1 teaspoonful soda	2 tablespoonfuls mo-	
$\frac{1}{4}$ a pound salt pork	lasses or sugar	
	1 teaspoonful mustard	

Soak the beans in cold water (soft water preferred) over night. In the morning wash and rinse thoroughly, then parboil until they are soft enough to pierce with a pin and no longer. Change the water while parboiling, always using boiling water for cooking and rinsing. During the last boiling add soda. Rinse thoroughly in hot water. Put one-half of the beans in the bean pot. Pour scalding hot water over the salt pork and score the rind in half-inch strips. Put into the bean pot above the beans, and

pour in the remainder of the beans. Mix the mustard, salt, and molasses, or sugar, with hot water and pour over the beans; add boiling water to cover. Bake about eight hours in a moderate oven. Keep the beans covered with water, and, also, the cover on the pot until the last hour. The pork may be drawn to the surface and browned during the last hour.

Baked Beans, Spanish Fashion

1 pint dried beans	1 teaspoonful salt
1 teaspoonful soda	2 slices bacon
Sweet red peppers	Tomato purée

Use yellow-eyed, Lima, or dark kidney beans, as desired. Let soak in cold water overnight. Drain, rinse and set to cook in cold water; let simmer until the skins are somewhat tender; drain and rinse with cold water. Turn a layer of beans into a baking dish, sprinkle on red peppers, chopped fine, also a few bits of bacon; continue the layers until the beans are used; add the salt and tomato purée to cover the beans. Bake two or three hours, or until the beans are tender. More tomato may be added as needed. To secure the purée press cooked tomatoes through a sieve fine enough to exclude the seeds. The peppers may be omitted.

QUERY No. 3945. — "What is meant by Serving a Dinner or Luncheon in Courses?"

Serving Meals in Courses

When a meal is served in courses, nothing appears on the table save the foods eaten together. As, at dinner, when soup is served nothing appears on the table save the soup, relishes (olives, celery, radishes) and the bread, or crackers that form a part of this service.

If fish is served, this is brought in after all the dishes that belong to the soup course have been removed. For the fish course nothing outside the fish is set upon the table save articles to be eaten with the fish, as potatoes or some delicate vegetable or dressed cucumbers. This plan is continued throughout the

meal. Each course is served apart from the others.

QUERY No. 3946. — "Give recipes for Serving Bananas."

Bananas Sauté

Peel the bananas and scrape to remove coarse threads. Cut each pulp in halves crosswise, then lengthwise, to make four pieces of each banana. Pat both sides of each piece in barley or corn flour, then set to cook in one or two tablespoonfuls of hot fat. When browned delicately on one side, turn and brown the other side. Keep the slices light in color and do not cook too long. Serve at any meal. They are particularly good with bacon, chops, hash, cutlets or croquettes.

Bananas Baked for a Vegetable

Pull down a section of a banana skin, and loosen the pulp from the rest of the skin; remove all coarse threads, then replace the pulp in the skin. Bake in an agate pan in a quick oven until soft; remove from the skins and serve at once.

Baked Bananas, Sultana Sauce

$\frac{3}{4}$ cup Sultana raisins	1 teaspoonful butter
1 cup or more boiling water	1 teaspoonful vanilla
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup corn syrup
2 teaspoonfuls or more corn starch	8 bananas

Pull down a section of a banana skin, then loosen the pulp from the rest of the skin; remove all coarse threads and replace the fruit in its original position in the skin. Set the bananas in an agate pan into the oven to cook until the skin is blackened and the pulp is soft. The length of time needed will depend on the heat of the oven, probably about twenty minutes in a moderate oven. At least an hour before serving set the cleaned raisins to cook in the boiling water, adding water as needed. Mix and sift together the sugar and cornstarch, and stir these through the raisins and water; stir until boiling, then let simmer ten minutes and add the butter and flavoring. Remove the bananas from the skin

to a hot plate (they may be coiled in a half circle). Pour over the sauce and serve at once. These may be used as a sweet entrée with meats or as a dessert dish.

Baked Bananas, Belgian Style

Remove the peel from six or eight small bananas; fruit from the top of the bunch as it hangs in the fruit-store are the best. Scrape each banana to remove all coarse threads and lay them, side by side, in a baking dish suitable for the table. Grate over them the rind of an orange and half a lemon; mix together the juice of the half lemon, the orange and half a cup of sugar and pour over the bananas; bake in a quick oven until soft throughout. Serve from the baking dish or from individual dishes. One banana constitutes a service.

Banana Cones

For each two persons use two slices of stale sponge cake, one large or two small bananas, four level teaspoonfuls of cornstarch, three level tablespoonfuls of sugar, half a cup of boiling water and the grated rind and juice of half a lemon. Shape the slices of cake symmetrically, in rounds, squares or ovals. Set them on serving plates. Peel and scrape the bananas, cut the pulp into cubes, pour on the boiling water, cover and let stand one minute. Skim the pieces of banana to the cake, piling in cone shape. Sift together the cornstarch and sugar; add a few grains of salt, pour on the lemon juice and the liquid in which the bananas were steamed and stir until boiling; let simmer ten minutes, then use to coat the bananas. Serve hot or cold, but preferably hot.

Banana Sponge

$\frac{1}{4}$ package gelatine	$\frac{2}{3}$ cup sugar
$\frac{1}{4}$ cup cold water	Juice 1 lemon
1 cup banana pulp (3-4 bananas)	3 egg-whites

Garnish

2 or 3 bananas	1 cup double cream
$\frac{1}{2}$ lemon	2 tablespoonfuls sugar
	$\frac{1}{4}$ teaspoonful vanilla

Soften the gelatine in the cold water; peel and scrape ripe bananas and press the pulp through a sieve or ricer; heat the cup of banana pulp to the boiling point, add the softened gelatine, the sugar and lemon juice; stir over ice water until the mixture begins to thicken, then fold in the egg-whites beaten dry. Line a mold with parchment paper neatly; slice the bananas and squeeze over them the lemon juice to keep them from discoloring; dispose these on the bottom and sides of the mold; turn in the sponge. When unmolded decorate with cream, sugar, and vanilla beaten firm.

Lemon Jelly and Sliced Bananas

A simple dessert may be made by molding lemon jelly in a thin sheet. Cut the jelly in cubes with a knife wet in hot water. Serve the cubes in the center of a dish with sliced bananas around them. Pour over the whole a thin "boiled" custard, or serve with whole milk, and a slight sprinkling of sugar.

QUERY No. 3947. — "What is a good Flavor for Roast Pork?"

Flavor for Roast Pork

Roast pork needs no additional flavor. A bread dressing, rice or hominy served with it are often flavored with sage or onion. Boiled onions are often served with roast pork, which give another flavor, if one be thought desirable.

QUERY No. 3948. — "How may I make good Pork or Beef Gravy?"

Pork or Beef Gravy

Each time after the meat is basted, dredge it with flour. Cook the roast with great care, that not only the meat be kept juicy, but that the flour be not over-browned. When the meat is done, remove from the pan to the warming oven. Pour off the fat from the pan to leave three or four tablespoonfuls in the pan. Add two or three tablespoonfuls of flour, and stir and cook until the fat

absorbs the flour, then add a cup of cold water and stir until smooth, then add a cup of boiling water and stir until smooth and boiling. Let boil about ten minutes, then strain into the sauce boat. Another way is to pour off all the fat, then add about a pint of water to the pan and let stand on the range to boil and melt the browned juices on the pan. In a small saucepan take four tablespoonfuls of the fat; in it cook four tablespoonfuls of flour and half a teaspoonful of salt; stir in half a cup of cold water, then add the liquid from the baking pan and stir until boiling. Strain and it is ready for use.

QUERY No. 3949. — "Kindly repeat recipe for Virginia Spoon Corn Bread."

Virginia Spoon Cornbread

(To serve ten)

$\frac{1}{2}$ cup breakfast hominy	3 eggs
1 quart boiling water	1 cup milk
2 teaspoonfuls salt	2 cups cornmeal
4 tablespoonfuls shortening	$1\frac{1}{2}$ teaspoonfuls baking powder

Add the salt to the water, while directly over the fire stir in the hominy; let boil five minutes, then let cook over boiling water (double boiler) twenty minutes; add the shortening, the eggs, beaten and mixed with the milk, and lastly sift in the cornmeal and baking powder. Mix thoroughly. Bake in a well-greased baking dish about forty-five minutes. Serve with a spoon from the dish.

QUERY No. 3950. — "Can the recipe for 'Quick Chocolate Cakes,' given in the March number of AMERICAN COOKERY be made with any other flour than wheat? If so kindly repeat the recipe with any changes that are necessary."

Quick Chocolate Cakes

2 squares chocolate	$\frac{1}{4}$ teaspoonful cinnamon
$\frac{1}{2}$ cup sugar	1 teaspoonful soda
$\frac{3}{4}$ cup milk	$\frac{1}{2}$ teaspoonful salt
2 egg-yolks	2 tablespoonfuls chopped nuts
$\frac{1}{4}$ cup milk	1 tablespoonful granulated sugar
3 tablespoonfuls shortening	
$1\frac{1}{2}$ cups barley flour	
$\frac{1}{2}$ cup sugar	



Mock Mince Pie— Spring Style

The Pastry

- | | |
|----------------------------|--|
| 1½ cupfuls pastry
flour | ½ cupful
Crisco |
| 1 teaspoonful
salt | 4 to 6 table-
spoonfuls
cold water |

(Use accurate level measurements)

Sift flour and salt and cut Crisco into flour with two knives until finely divided. Finger tips may be used to finish blending materials. Add gradually sufficient water to make stiff paste. Water should be added sparingly and mixed with a knife through dry ingredients. Form lightly and quickly into dough, roll out on slightly floured board, about one-quarter inch thick. Use light motion in handling rolling pin and roll from center outward. Sufficient for one small pie.

The Filling

- | | |
|------------------------------------|-------------------------------|
| 1 cupful rhubarb | 1 cupful sugar |
| 1 cupful raisins | 1 egg (well
beaten) |
| 1 lemon grated
(rind and juice) | ¼ cupful
cracker
crumbs |
| 2 tablespoonfuls
melted Crisco | ½ teaspoonful
salt |

(Use accurate level measurements)

Chop the rhubarb and raisins together; add the other ingredients and mix thoroughly. Bake between two rounds of pastry. Canned rhubarb may be used.

These recipes have been tested and approved by Good House-keeping Institute, Mildred Mad-docks, Director.

Something New for Spring Mock Mince Pie

AFTER being limited to preserved or dried fruits during the winter, there is a natural craving for the earliest fresh fruit desserts. Rhubarb already is here. One of the most tempting ways in which this fresh, wholesome, fruitlike plant can be served is in Mock Mince Pie.

The appended recipe is new. Try it. Raisins offset the tartness of the rhubarb and the combination gives a delicate, pleasing and unusual flavor.

But be sure the rounds of pastry are made with Crisco. Then you have a wasteless, wholly edible pie, with the lower crust as flaky and tender as the upper; a pie with the real fruit flavors, having no taste of shortening.



Crisco is a tasteless, odorless, all vegetable cooking fat. It is the rich cream of edible oil, so pure and wholesome that it makes foods delicious.

You will be delighted with the results of using Crisco in all recipes that call for butter or butter substitute.

150 Dishes Prepared Without Butter

"Balanced Daily Diet", a book by Janet McKenzie Hill of the Boston Cooking School will help every woman diversify her menu and still prepare economical foods that build for bodily strength and mental vigor. It contains over 150 new recipes in which no butter is required. Also the interesting Story of Crisco. It is illustrated in color. Published to sell for 25 cents, we will send you a copy for ten cents in stamps. Address Department A-5, The Procter & Gamble Company, Cincinnati, Ohio.

Heat the first three ingredients in a double boiler. Beat the yolks, add the one-fourth a cup of milk, and stir and cook in the hot ingredients until they thicken slightly; add the shortening and remove from the fire. Sift together the flour, sugar, cinnamon, soda, and salt, and combine the two mixtures. Turn into greased tins, sprinkle the nuts and sugar over the top of the mixture. Bake in a quick oven about eighteen minutes.

QUERY No. 3951. — "If possible, will you publish some of the cornmeal recipes prepared by Portia Smiley at the Boston Kitchen of the National Civic Federation."

Potato Scones

- 1 cup mashed potato
- 1 cup cornmeal cooked in
- 2 cups boiling water
- 2 tablespoonfuls shortening
- 1 teaspoonful salt
- 1 cup barley flour
- 4 teaspoonfuls baking powder, or
- 3 teaspoonfuls baking powder and 1 egg

Sift baking powder and barley flour, beat mush, potatoes and shortening together until well mixed; add flour; roll out and cut into cakes.

Spoon Bread

- | | |
|------------------|-----------------------------|
| 1 cup corn meal | 1 teaspoonful salt |
| 2 cups hot water | 2 tablespoonfuls shortening |
| 1 cup milk | |
| | 2 eggs |

Put hot water and milk in double boiler; add corn meal; beat and cover. Beat whites of eggs separately. Beat corn meal in double boiler and turn into mixing bowl; add shortening, yolks of eggs and beat. Fold in whites last.

Last Forever Gingerbread

- | | |
|-----------------------------|--------------------------|
| 2 cups granulated corn meal | 1 cup molasses |
| 1 cup flour | 2 tablespoonfuls vinegar |
| 2½ cups boiling water | gar |
| ¼ cup oil, Wesson or Mazola | 1 egg |
| | 1 teaspoonful salt |
| | 1 tablespoonful ginger |
| 2 teaspoonfuls soda | |

Add corn meal to boiling water in double boiler. Cook one-half hour; pour into mixing bowl; add molasses, vinegar and egg well beaten. Beat vigorously; when cold add dry ingredients sifted to-

gether. Drop on baking sheet; bake twenty-five minutes in hot oven. Variations from this may be made by adding to the batter, either cooked prunes, cut in small portions, raisins, dates or chopped nuts. The batter will keep indefinitely when stored in a crock in a cool temperature.

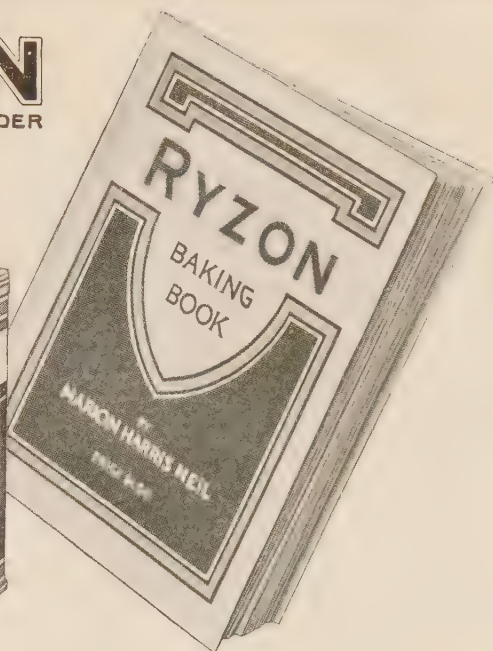
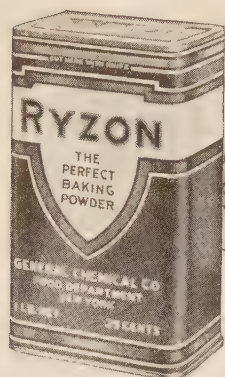
Request to Use No Wheat Whatever Takes the Place of Rules for Wheatless Days

Mr. Hoover's request, published on March 24, that householders limit themselves to a voluntary ration of one and one-half pounds of wheat flour per person per week has now been carried further. Householders who can do so are asked to give up *all use* of wheat products from now until the new harvest comes in in August. This covers not only white flour, but also graham flour, whole wheat flour, wheat breakfast cereals, macaroni, noodles, spaghetti, vermicelli, and all crackers, bread, pastry, cakes, doughnuts, etc., containing any wheat flour. Householders who have hitherto baked at home, and are able to carry out this request, will not begin now to buy bread of bakers. To do that would defeat the purpose of the present request.

Any who are not able to follow this request to give up wheat products altogether are instructed that they should absolutely limit their use to a voluntary ration of one and one-half pounds per person per week, as stated in the rules published in the Bulletin for April 3.

These rules make unnecessary in private families the rules for wheatless days, which for them are now practically withdrawn. Those who give up wheat products altogether will have seven wheatless days a week. Those who conscientiously have to use a little wheat flour or bakers' bread will distribute it carefully through the week so as to use just as little as possible. No household ought to use more than two pounds of bakers' bread per week per person, and every loyal

RYZON
THE PERFECT BAKING POWDER



RYZON Recipes Are Adaptable To New Food Regulations

You may easily adapt recipes in the RYZON Baking Book to present day conditions because accurate measures are used throughout.

The RYZON Liberty Bread, for instance, which is given on page 9 of the Baking Book, may be made equally well by substituting rye or barley flour for the wheat flour called for, and by eliminating all shortening.

You will find the RYZON Baking Book valuable and helpful just as you will find RYZON efficient, economical and dependable.

The original price of the RYZON Baking Book was \$1.00. Housekeepers desiring the new RYZON Baking Book may obtain one by following directions on user's form packed with the one pound tins of RYZON.

A pound tin of RYZON and a copy of the RYZON Baking Book will be sent free, postpaid, except in Canada, to any Domestic Science teacher who writes us on school stationery, giving official position.

GENERAL CHEMICAL CO.
FOOD DEPARTMENT
NEW YORK

person will use less than that if possible. Of course no loyal person will use wheat flour for general cooking purposes.

Bakers' bread is necessary for the subsistence of a part of the community, and should be left exclusively to that part. Bakers have to use a considerable proportion of wheat flour, because their bread must be durable. Beginning April 14, bakers will be required to use 25 per cent of substitutes, and not permitted more than 75 per cent of white flour in their bread. All bakers have been asked to limit their consumption to 70 per cent of the amount they used in the corresponding month of last year.

Hotels, restaurants, and clubs are expected to follow the request to give up all wheat products. In any case, any hotels or restaurants which should not accept this plan will be required still to observe strictly the rule that Monday and Wednesday are Wheatless Days.

Potato Campaign

The need for increasing the consumption of potatoes is very great, and the workers, both rural and city agents, are planning to conduct a campaign which shall continue for at least a month, in order to stimulate a greater use of potatoes on the part of the housewife.

Last year the farmer was very patriotic in his ready response to the suggestion of the Food Administration, and raised a much larger crop of potatoes than in former years. This, together with the congestion in transportation, due partly to the severe winter, has left him with a great surplus of potatoes on hand. For this reason we must increase the use of potatoes in the home. This will serve as a means of lessening the consumption of wheat, as a medium-sized potato equals two slices of bread in food value.

A special effort will be made to induce restaurants and lunch rooms to serve potatoes in such a variety of ways that they will be ordered more.

The United States Food Administra-

tion has outlined a study course of five lessons on potatoes for the elementary grades, with some practical recipes attached, which the children will take into the homes. The co-operation of the teachers in this potato campaign will be a real patriotic service. The interest of the children can be stimulated by a study of the potato industry, and the food value of the potato by the writing of compositions, and by making the child realize that the potato is a substitute for the much-needed wheat.

Let every conservation dinner that is held in the next month make the potato dish a big feature. Let every housewife serve potatoes at least twice a day, and substitute mashed potato for the wheat in making muffins and quick breads. The combination of potato soup and potato salad at the same meal is justifiable in this emergency. Potatoes combined with cheese make an excellent luncheon dish.

"Eat an extra potato and save a slice of bread" must be our slogan in the next weeks if we would encourage the farmer to plant again this spring for our need of next winter.

A Treaty of Peace

Small Elizabeth was visiting her grandmother in the country, according to *Harper's*. Going from stile to stile across a field one day, she had to pass close to a ferocious-looking cow with long horns and bloodshot eyes. Said she, arguing with the creature and shaking her finger at it, "If you'll let me alone, I'll let you alone!"

A certain British soldier's letter, according to *Punch*, runs thus: "I am sorry I cannot tell you where I am, because I am not allowed to say. But I venture to state that I am not where I was, but where I was before I left here to go where I have just come from."

What You Buy When You Buy Food

First, you buy calories — the unit of nutrition.

In Quaker Oats you get 1810 calories per pound. In meat, eggs, fish and chicken — averaged — you get 750 calories per pound. So Quaker Oats excels there by 141 per cent.

You buy body-building elements and minerals.

As a flesh builder Quaker Oats is almost the same as lean beef. In lime, phosphorus and iron it is vastly superior to beef.

You buy palate-pleasing qualities.

No other grain food which Nature gives us can match Quaker Oats in flavor.

And you consider — or should — the cost.

In Quaker Oats you get 1000 calories for 5 cents. In meats, eggs, fish and chicken — averaged — those 1000 calories cost 48 cents. That is almost ten times as much.

Those are the overwhelming reasons for using more Quaker Oats. Make it your basic food. Make it the entire breakfast. Mix it with your flour foods to add flavor and save wheat.

Quaker Oats

The Doubly-Delicious Flakes

Quaker Oats won its world-wide supremacy by its exquisite flavor. It is flaked from queen grains only — just the big, rich, luscious oats.

We get but ten pounds from a bushel. That flavor makes oat foods doubly delightful. And it costs you no extra price. Get it.

Cost comparisons based on prices current at time of writing

13 and 32c Per Package

Except in Far West and South

Price List Per 1000 Calories

Quaker Oats.....	5¢
Eggs.....	49¢
Round Steak.....	35¢
Young Chicken.....	\$1.23
Leg of Lamb.....	40¢
Ham.....	28¢
White Fish.....	62¢



Quaker Oats Sweetbits

1 cup sugar, 2 eggs, 2 teaspoons baking powder, 1 tablespoon butter, 1 teaspoon vanilla, $2\frac{1}{2}$ cups uncooked Quaker Oats.

Cream butter and sugar. Add yolks of eggs. Add Quaker Oats to which baking powder has been added, and add vanilla.

Beat whites of eggs stiff and add last. Drop on buttered tins with a teaspoon, but very few on each tin, as they spread. Bake in slow oven. Makes about 65 cookies.

Quaker Oats Muffins

$\frac{3}{4}$ cup Quaker Oats, $1\frac{1}{2}$ cups flour, 1 cup scalded milk, 1 egg, 4 level teaspoons baking powder, 2 tablespoons melted butter, $\frac{1}{2}$ teaspoon salt, 3 tablespoons sugar.

Turn scalded milk on Quaker Oats, let stand five minutes; add sugar, salt and melted butter; sift in flour and baking powder, mix thoroughly and add egg well beaten. Bake in buttered gem pans.

New Books

Mrs. Allen's Cook Book. By IDA C. BAILEY ALLEN. Large 12mo. Illustrated and completely indexed. Net, \$2.00.

Professor Lewis B. Allyn, the chemist of the Westfield Pure Food Movement, in the Introduction which he has contributed to the volume, says:

"Mrs. Allen has expressed in popular terms a simple, workable outline of food combination, well adapted to the needs of the housewife. If her book is carefully followed, the dietary of the average family will be much improved, cost decreased and a general gain in health experienced."

"Mrs. Allen's Cook Book" — to touch specifically on just a few of the many features which go to make it complete — emphasizes efficiency in cookery, and gives approved short-cut methods for

making a great many dishes which most cook books represent as unnecessarily intricate. In this way, *economy* is emphasized and the housewife is able to save time and money now wasted in experiments. As a preparation for the art of cookery, Mrs. Allen offers her reader simplified information on the every day *chemistry* of foods, a subject which, ordinarily appearing technical and difficult, is made fascinating by her treatment of it.

Besides many hundred tested recipes, the book contains chapters on how to plan seasonable meals, the feeding of children, casserole and fireless cooking, the equipment and arrangement of the kitchen, correct service for home and company meals, etc. Each chapter is prefaced by a little talk on the subject to be treated, bringing out the "short-cut" and economical way of preparation. In every case the suitability of certain foods for various meals is made clear. The recipes are given in the simplest possible way and the duration of cooking is noted as well as the oven temperature.

This book may be regarded as quite a complete and comprehensive cook book. The plan of the author was ambitious, and it has been carried out in a commendably able and efficient manner.

Principles of Chemistry Applied to the Household. An Elementary Text Book. By HANNAH T. ROWLEY, A.B., and HELEN W. FARRELL, A.B. Cloth, 296 pages, 98 Illustrations, 55 Experiments. \$1.25 net.

This book contains a simple introduction to the principles that underlie the study of chemistry and an application of these principles to an elementary study of the chemistry of foods and cleaning.

The authors are teachers of experience, and the book was written to meet their own needs. Its preparation has extended through two years, and the work



Active Little Folks

need the comfortable security given by

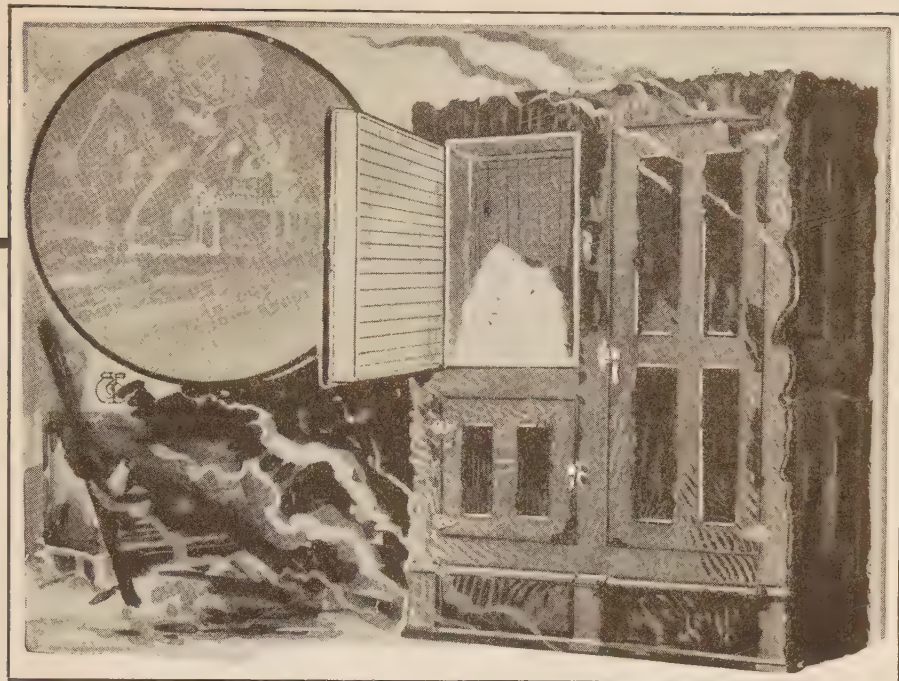
Velvet Grip

**OBLONG RUBBER BUTTON
HOSE SUPPORTER**

Sold Everywhere

Child's sample pair (give age) 20c. postpaid.
For Infants—"The Baby Midget Velvet Grip
Hose Supporter," Silk 15c; Lisle 10c.

GEORGE FROST CO. - Makers - Boston



The Ice That Went Through Fire

A building in Iowa recently was burned to the ground. Two days later, the charred remains of a Herrick Refrigerator were dug out of the ruins. The ice chamber still contained a large piece of ice. And all food contents were in perfect condition. *Herrick 5-Point Mineral Wool Insulation had saved the contents.*

**Herrick 5-Point
Insulation Saves
Food and Ice**

HERRICK
DRY AIR SYSTEM
REFRIGERATOR

**Winner of High
Honors for
Over 27 Years**

Few refrigerators ever have to go through actual fires. But every refrigerator has to go through the fiery heat of summer months. And the refrigerator that can protect ice and food from a raging 24-hour fire, can offer unquestionable protection from all weather conditions.

No refrigerator is better than its insulation. We pay two to three times as much as most manufacturers for insulation purposes. But our large cost-reducing factory, devoted entirely to refrigerator construction, enables us to offer our customers many extra values without extra costs to them.

26 Other Features

There are twenty-six features in addition to Herrick Insulation that offer you advantages you will appreciate. Seven distinct improvements contribute to ice saving qualities. Send for full details and name of Herrick dealer in your locality.

THE HERRICK REFRIGERATOR COMPANY

205 River Street Waterloo, Iowa

Builders of "The Herrick"—Approved by Good Housekeeping Institute and New York Tribune

*Outside Icing Refrigerators
Furnished in Many Styles*

FULL FACTS COUPON

Herrick Refrigerator Company
205 River Street, Waterloo, Iowa

Gentlemen: Please send me, without cost or obligation, your new book B5 of helpful hints for refrigerator users.

Full Name.....

Full Address.....

Burnett's Vanilla

Burnett's Vanilla will help you keep your pledge—it makes simplicity delicious. Just a touch of that rich mellow flavoring will make the duller war-food welcome. Let those jaded palates around your dinner table be the judges of this recipe perhaps.



food

- 1- buy it with thought
- 2- cook it with care
- 3- use less wheat & meat
- 4- buy local foods
- 5- serve just enough
- 6- use what is left

don't waste it.

Maple-Marshmallow Custards

- 3 Tablespoonfuls Brown Sugar
- 1 Cupful Maple Syrup
- 3 Eggs
- 2½ Cupfuls Milk
- ½ Teaspoonful Salt
- 1 Teaspoonful Burnett's Vanilla
- 1 Pound Marshmallows
- 6 Candied Cherries

Boil the syrup and sugar together three minutes. Cool and mix with the beaten eggs, milk, salt and Vanilla. Pour into custard cups, or a pudding dish, stand in a pan partly full of hot water, and bake in a moderate oven. When cold, decorate as follows: take the marshmallows singly on a fork and dip for a moment in boiling water. Arrange four on the top of each custard with a cherry in the center.

MATCHING TASTINESS WITH ECONOMY!

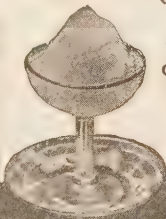
Economy is certainly a virtue these days and a pleasant one if taste is considered.

Try **Mapleine**, the golden flavour, the flavour that is different, in your dainty summer desserts — puddings, sherberts, ices, whipped cream. Makes a fine spread for the morning hot cakes.



2 oz. bottle 35c (in Canada 50c)

Send 4c. in stamps and carton top for our new *Mapleine* Cook Book.



Write Dept. C
**CRESCENT
MFG. CO.**
Seattle

(M. 189)

MAPLEINE
The Golden Flavour

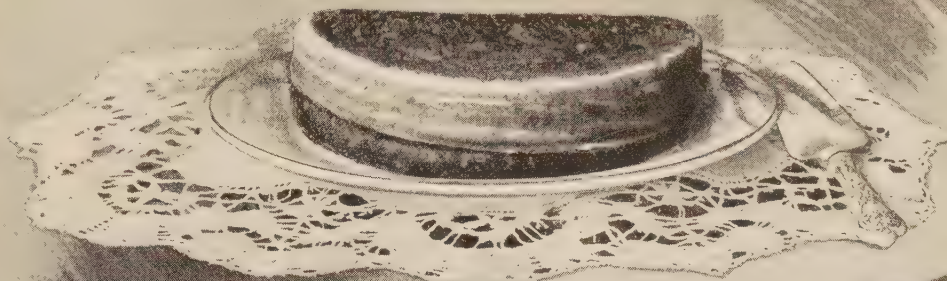
has been tested in class room and laboratory and has been found most successful in awakening interest, without sacrificing the scientific foundation that prevents such interest from being a mere momentary stimulation.

The advantage of the first half of the book is felt to be its unity of treatment, centering around the idea of chemical change, a unity not possible where the attempt is made to write a descriptive book as well. Part I is brief and fundamental, and the ideas presented there are applied throughout Part II to the problems of food and cleaning. It is this sequence of thought that is felt to be the most valuable feature of the presentation. The chapters on theory have been made very simple, and have been directly applied, wherever possible, to the work that precedes and that follows them. A supplement is added containing general information on household substances, and additional laboratory experiments, which may be introduced wherever needed to adapt the work to the particular circumstances of the course offered. Standard texts and experiments have been freely used, and the many references have been carefully chosen to broaden the student's horizon still further.

Trained and expert teachers prepared this book. Evidently they have put real vitality into their work. Great painstaking and careful effort appear on every page. In every respect the book is worthy of the highest commendation.

Prof. Charlotte A. Bragg of Wellesley College writes of the book:

"The task that the authors set themselves was a difficult one, and as far as I can see they have succeeded. I heartily commend the plan followed in the first part — of making the number of experiments small and repeated reference to them. In the chapters on theory, such a wealth of material has been put in, and the facts have been stated so simply and clearly that only commendation comes to my mind."



Cheese Omelet
*Receipt given in Conservation
 Cook Book*

Send for our
 Conservation Cook
 Book—mailed
 free

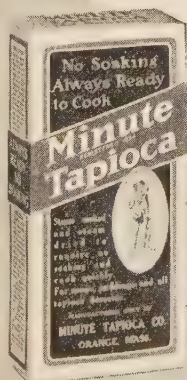
Minute Tapioca

**Two eggs
 do the work of four**

"I'm so glad to know how to make this Minute Tapioca omelet," said the young housewife who made the one illustrated here. "My family likes it better than any other kind, and it is so economical."

This is but one of dozens of ways in which Minute Tapioca may be used in combination with other foods which are now costly and scarce.

Not a dessert only. Use Minute Tapioca for thickening soups and gravies, as an extender with left-over meat and fish. It is a basic food element. It saves wheat and is a valuable addition to our country's now limited food supply. Get Minute Tapioca. You will know it by the Blue Band and the Minute Man on the package.



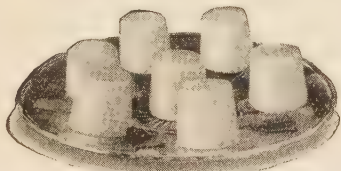
Minute Tapioca Company

35 North Main Street Orange, Mass.

MINUTE TAPIOCA COMPANY
 35 North Main Street, Orange, Mass.
 Kindly send your Conservation Cook Book.

Name.....
 Address.....
 State.....

—write for
this book
by Mrs. Knox
on "Food Economy"
—138 recipes
like this one



Cottage Pudding

Soak one-half envelope of Knox Sparkling Gelatine in one-fourth cup cold water ten minutes. Make a custard of two cups milk, one-third cup sugar, a few grains of salt and two egg yolks. Add soaked gelatine to the hot custard, and when nearly cool, add whites of eggs, beaten until stiff, two-thirds cup stale cake crumbs and one teaspoonful vanilla. Turn into a mold or small cups, first dip in cold water, and chill. Any left-over cocoa or coffee may be used instead of the milk.

THE above is just one of the many economical dishes included in Mrs. Knox's new book on "Food Economy." Most of the war-time recipes contained in this book show how to make delicious dishes out of "left-overs"—new and inviting uses for inexpensive foods—all of them approved by the leaders of the food conservation movement.

If you have not yet received your copy of "Food Economy," send for it today. A post card will bring it if you mention your dealer's name and address.

Charles B. Knox Gelatine Co., Inc.
7 Knox Avenue, Johnstown, N. Y.

KNOX
SPARKLING
GELATINE

The Silver Lining

The Village Belle

O, heigh-ho the village belle,
Heigh-ho the Squire's daughter;
And heigh-ho, it is sad for to tell
The fate of the man who got her.

On village swains she coldly frowned,
And gallants came from far;
For many, many miles around
She was the Polar Star.

Yes, heigh-ho, the village belle,
Heigh-ho, the Squire's daughter;
How many airy castles fell
Of the love-lorn swains that sought her!

At last the chosen youth made love,
Her heart was his for asking;
He settled down with his turtle-dove,
In sunshine he was basking.

But, heigh-ho, the village belle,
Heigh-ho, the Squire's daughter;
She had not learned to buy or sell,
And she could not boil plain water.

So he went out in the cruel world,
Their honeymoon fast fleeting;
The Dovecot raised for his Love was furred,
The man was used to eating.

O, heigh-ho, the village belle,
Heigh-ho, the Squire's daughter;
And heigh-ho, it is sad for to tell
The fate of the man who got her.

Donald F.-R. MacGregor.

An English Idea of American Humor

The following is clipped from *Tit-Bits*:
Scene: An American storehouse. Enter
a Yankee customer.

Customer: "Say, boss, have you got any red flannel shirts?"

Boss: "Waal, stranger, I guess I can just fit you out beautiful—now, here's a fine red flannel shirt, price two dollars—may I let you have half-a-dozen of these red flannel shirts for eleven dollars?"

Customer: "You may not; I'll take wan red flannel shirt, and if I like it I'll come back again for the other five at your reduced price."

Same scene three weeks later: Enter same customer.

Boss: "Waal, stranger, I guess you've

This New Range Is A Wonder For Cooking

Although less than four feet long it can do every kind of cooking for any ordinary family by gas in summer or by coal or wood when the kitchen needs heating.

There is absolutely no danger in this combination, as the gas section is as entirely separate from the coal section as if placed in another part of the kitchen.



The Range that "Makes Cooking Easy"

Note the two gas ovens above—one for baking, glass paneled and one for broiling with white enamel door. The large square oven below is heated by coal or wood.

See the cooking surface when you want to rush things—five burners for gas and four covers for coal. The entire range is always available as both coal and gas ovens can be operated at the same time, using one for meats and the other for pastry. It Makes Cooking Easy.



Coal, Wood and Gas Range

below is heated by coal or wood.

Gold Medal
Glenwood

Write to-day for handsome free booklet 151 that tells all about it, to
Weir Stove Co., Taunton, Mass. Manufacturers of the Celebrated Glenwood
Coal, Wood and Gas Ranges, Heating Stoves and Furnaces.

NESNAH—THE PROTECTIVE FOOD

(Made in a Jiffy)

A well-balanced diet is what we all need to achieve much and to maintain good health; these two things are necessary to all of us.

But how are we to maintain good health and accomplish the task before us? One way we cannot do it is on a faulty diet.

One thing that will help towards success and health is a well-balanced diet. Most of us are busy people, and do not have time, perhaps, to think much about food. We don't know whether ours is a well-balanced diet or not.

"Milk is a protective food," according to the best authority. And in saying that he means that whatever element may be lacking in the diet is supplied by taking milk, because it contains every element necessary for the human system.



One pint of milk taken each day as Nesnah Pudding is an ideal protective food.

Nesnah must be made with milk, and it makes taking milk a real joy.

CHOCOLATE NESNAH PUDDING

Heat one quart of milk lukewarm, drop into it one box of Chocolate Nesnah, and dissolve by stirring one-half minute. Pour into individual glass cups and allow it to stand undisturbed ten or fifteen minutes. Place in refrigerator, and when well chilled serve with a little whipped cream.

One ten cent package makes a quart

Six pure natural flavors

Vanilla Lemon Raspberry Almond Orange Chocolate

A post card will bring you a sample package and a Nesnah cook booklet

Chr. Hansen's Laboratory, Inc.

The Junket Folks

Box 2507

LITTLE FALLS, N. Y.

STRAWBERRY SHORTCAKE

with
WHIPPED CREAM

Made from

CREMO VESCO

and

THIN CREAM

or

HALF HEAVY CREAM and MILK

or

"TOP" of the MILK BOTTLE

Cream, whipped, doubles in Bulk. Twice as many persons may be served from the same amount of Cream when whipped. All up-to-date Housekeepers, Caterers, Confectioners, Clubs, Tea Rooms and Hotels are helping conserve the cream supply by using Crema Vesco and thin cream instead of heavy cream.

Send for a bottle today

Household size, prepaid, 30 cents
16 ounce bottle whips 75 quarts
of thin cream. \$1.00

CREMO-VESCO COMPANY

631 EAST 23rd ST., BROOKLYN, N. Y.

IT SERVES YOUR HOME AND SAVES YOUR TIME
THAT IS PRACTICAL ECONOMY



Large Broad Wide Table Top—
Removable Glass Service Tray—
Double Drawer—Double Handles—
Large Deep Undershelves—"Scientifically Silent"—
Rubber Tired Swivel Wheels

A high grade piece of furniture surpassing anything yet attempted
for GENERAL UTILITY, ease of action, and absolute noiselessness
Write NOW for a Descriptive Pamphlet and Dealer's Name.
COMBINATION PRODUCTS CO. 105 Tower Bldg., Chicago, Ill.

True Economy calls for

Colburn's Spices

"A Red Label Brand"
The A. Colburn Co., Philadelphia, U.S.A.

come back for those other five red flannel shirts."

Customer: "I guess I have not, but I've come back for my two dollars. That red flannel shirt you sold me came back from the wash this morning—I put it on, and while I was brushing my hair, my wife said to me: 'Sam, where did you get that little coral necklace?'"

Wrong Process

A colored Baptist was exhorting.

"Now, breddern and sistern, come up to de altar and have yo' sins washed away."

All came up but one man.

"Why, Brudder Jones, don't yo' want yo' sins washed away?"

"I done had my sins washed away."

"Yo' has? Where yo' had yo' sins washed away?"

"Ober at the Methodist Church."

"Ah, Brudder Jones, yo' ain't been Washed; yo' jes' been dry cleaned."

— *San Francisco Argonaut.*

"Do you study the bill of fare to see what you are going to eat?" "No, I study the almanac."

— *Washington Star.*

"Waiter, how can I tell if this is a ham sandwich?" "There's a label pasted on the rice paper, sir."

— *Buffalo Express.*

A farmer came into town to make some purchases at the hardware store. "Can't I sell you a bicycle to ride around your farm on?" asked the clerk. "I can sell you a first-class one for \$40." "No, I guess not," replied the farmer. "I'd rather put my \$40 in a cow." "Well, that's all right," said the clerk, "but imagine how foolish you would look riding around town on a cow." "I s'pose so," said the farmer, slowly, "but how would I look milkin' a bicycle?" — *Satire.*

Afraid He Might Enlist

General Pershing is fond of telling this story. It happened when he was on the Mexican border.



NO RIVETS TO COME LOOSE.
ONE SOLID PIECE OF
THICK METAL.

The Better the Kettle. The Better the Food!

CANNING and Preserving will take their place among the most important household duties this year. It is a privilege as well as a pleasure for the housewife who uses a Wagner Cast Aluminum Kettle in her canning.

This Kettle is sanitary, durable, and not affected by acids. There are no rivets to catch dirt or pull out. No danger from chips or grit. Does not leave a metallic taste.

Wagner Kettles are cast in just the right thickness to safeguard against burning or scorching. Therefore you get all the real flavor of fruits or vegetables. Yet they are so light you like to handle them and there is no wear out to them.

WAGNER CAST ALUMINUM WARE PRESERVING KETTLES

"From Generation to Generation"

There is a Wagner Kettle for every need. They are made in eleven sizes, from 2 quart to 24 quart and may be had with or without cover. They are invaluable for general cooking purposes at all seasons of the year.

There is a Wagner Cast Aluminum Cooking Utensil for every purpose. All are cast in moulds—not stamped. Seamless and jointless, they retain their shape without warping or cracking.

Special Offer: The eleven and one-half inch Wagner Preserving Ladle will give you some idea of Wagner beauty and strength. We will send it postpaid for 50 cents, together with a copy of the book, "The Art of Preserving and Canning," by Kate Brew Vaughn, the well known Domestic Science expert. This book should be in the hands of every housewife. Use coupon below.

THE WAGNER MFG. CO.
Dept. 70 Sidney, Ohio

The Wagner Mfg. Co. Sidney, O.

Gentlemen:—Enclosed find 50 cents. Send me postpaid your Wagner Cast Aluminum Ladle and housewife's book, "The Art of Canning and Preserving". Book alone, 10 cents.

Name
Street or Rural Route.....
City or Town..... State.....



PURE and WHOLESOME

The most delicious dressing.
Made with butter instead of oil it pleases everyone.

SLADE'S

SALAD CREAM

If you like oil add your favorite brand of true olive oil and you get better results than with oil dressings.

Ask grocers for SLADE'S
D. & L. SLADE CO.
Boston



**Ask your Grocer for
SLADE'S Spices and
Specialties, for these
will surely please you**

**ROWE'S
GLOUCESTER
BED HAMMOCK**



THE ORIGINAL AND GENUINE

An ideal, thoroughly dependable Bed Hammock. All quality construction; all quality material, representing the utmost in strength, efficiency and wearing qualities. Built up to an ideal; not down to a price.

Delightful, luxurious comfort. Conveniently big and roomy enough to stretch full length and obtain perfect rest and relaxation.

A family resting place. A settee for visitors. A comfort to the convalescent and a source of enjoyment to the well. A perfect couch bed for outdoor sleeping. An absolute summer necessity.

Made by old reliable Gloucester sailmakers from genuine, non-fadeable 21-oz. Khaki—a popular shade—always in style—that blends and harmonizes with every background and outdoor furnishing.

Used by select summer resorts, clubs, camps and by people who demand the best.

Costs a few dollars more but will outlast ten one-season hammocks.

The only hammock you can afford to buy.

Send for 1918 Folder and mention this magazine.

We Prepay Charges

E. L. ROWE & SON, Inc.

Makers of Tents and Hammocks for the U. S. Government
42 Water Street Gloucester, Mass.

A regiment was marching by when it met a small, tow-headed, ragged Irish boy clinging to a moth-eaten, dilapidated donkey he had been riding, and which had become restless owing to the noise of the band. It was all the boy could do to hold the beast.

A joker in the ranks called out to the boy as he swung past:

"Say, kid, what are you holding your little brother so tight for?"

"Because," came the reply from the Irish kid, "he sees you guys, and I'm afraid he might enlist."

Cookery and Health Hints

Don't eat too much. If you find you are eating more than you actually need, eat rather less, always making sure, however, that you are getting enough nourishment. Eat slowly, and chew all food well as you eat it.

Soup.—Soup, when well prepared, is perhaps the best and most satisfying form of food. You can make soup of almost any kind of eatable, together with water, salt and pepper, a little meat or bacon, potatoes, vegetables, peas, beans, lentils, scraps of fish, poultry bones, etc., in fact any article of food, that is sound and clean. Eat a bit of bread or biscuit with the soup to make you chew while eating it. Soup must not be bolted or swallowed down too fast.

Potatoes.—In times of scarcity potatoes should not be peeled. Wash and scrub them thoroughly, pick out any green eye-holes. Then boil, steam or bake them in their skins and eat them hot, with salt, and a little butter or cheese. Irishmen live on potatoes with a bit of fat bacon, and the Irish peasant has the greatest strength in his back of any people in these islands. It should be remembered that most of the nourishment lies just inside the skins.

Fat.—Nature must have fat of some kind. It need not be butter. Margarine, nut oil, dripping or lard are all good. If eaten slowly and chewed before swallowing, fats will digest thoroughly, and will not readily upset the liver.

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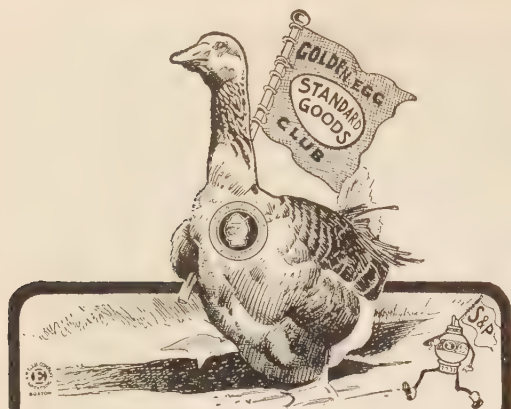
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Drink.—Every adult should drink about three pints a day. Water is the best and cheapest drink. Milk for the young, skim-milk for the grown up.

Cocoa.—Cocoa has more nourishment in it than tea or coffee. Cocoa should never be made too thick. You can give thin cocoa all the time to people who would soon tire of it if made too strong or too thick.

Sugar.—Sugar is a valuable food, and helps to make other foods tasty. Brown sugar, such as Demerara or soft raw sugar, is as good as white sugar, if not better, for actual nourishment.

Fruit.—Apples, bananas, nuts, are all good, but are best if consumed after eating plainer foods.

Graham Bread

1 cake compressed yeast	1 cup lukewarm water
1 cup skim milk, scalded and cooled	2 tablespoonfuls cooking oil or butter substitute
1 cup sifted white flour	4 cups graham flour
1 teaspoonful salt	4 tablespoonfuls molasses

Dissolve yeast and molasses in lukewarm liquid. Add shortening, then flour gradually, or enough to make a dough that can be handled, and the salt. Knead thoroughly, being sure to keep the dough soft.

Cover and set aside in a warm place to rise for about two hours.

When double in bulk, turn out on kneading board, mould into loaves, and place in well-greased pans, cover and set to rise again—about one hour, or until light. Bake one hour, in a slower oven than for white bread.

If wanted for over night, use one-half cake of yeast and an extra half-teaspoonful salt.

Teco Self-rising Pancake and Buckwheat Flours are prepared with Malted Buttermilk, to be used without milk—just add water. The buttermilk is in the flour. You do not have to buy any wheat substitute when you buy Teco Pancake Flour or Teco Buckwheat Flour—see advertisement back cover page.

Adv.

